

RESTRICTED

DEFENSIVE TACTICS



*A Handbook for
Law Enforcement Officers*

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J. Edgar Hoover, Director

Defensive Tactics

A Handbook for Law Enforcement Officers

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Notice

This Handbook makes no attempt to cover the entire field of offensive and defensive personal combat but is purposely confined to those tactics and techniques designed primarily for self-defense and counter-attack which are simple, practical and readily adaptable to the needs of the law enforcement officer. Both the instructor and the student are reminded that defensive tactics are dangerous. It is a technique which must be practiced and used judiciously.

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POLICE TRAINING



Defensive Tactics

A. NATURE OF DEFENSIVE TACTICS

Defensive tactics is a system of defense and counter-attack devised primarily for use by Special Agents of the FBI and other law-enforcement officers. While based upon well-established principles of combat, defensive tactics is not patterned after any single system or method of self-defense or hand-to-hand fighting. On the contrary, simple and effective maneuvers from age-old arts and sports such as judo, jiu-jitsu, savate, boxing, wrestling, rough and tumble, football, soccer, and fencing, have been selected, and with some variations, molded into one system which is particularly applicable to the work of the officer.

Any law enforcement officer can profit by a course in defensive tactics. The individual who possesses average physical ability can learn, through conscientious practice, to perform all of the techniques in an effective manner. The individual who is less fortunately endowed from a physical standpoint can master the simpler techniques and, by gaining a knowledge of this science in general, realize what could happen to him should he become careless when apprehending a criminal, and thus be in a more favorable position to cope with situations which otherwise might prove embarrassing.

B. PURPOSE OF DEFENSIVE TACTICS

The purpose of training in defensive tactics is to improve the skill and general efficiency of the officer through speeding up reflex action, inspiring confidence and imparting a knowledge of the principles of combat.

While the FBI and other law-enforcement agencies do not tolerate force, duress, or brutality, defensive tactics provides the officer with scientific methods of applying such tactics which might be necessary to protect himself and at the same time assure maintaining the custody of the person being arrested.

C. SAFETY PRECAUTION

Extreme caution must be exercised in practicing and learning defensive tactics. Many of the maneuvers are definitely dangerous and if practiced in a haphazard manner may result in severe injury. However, the risk of injury can be reduced to a minimum by observing the following safety precautions:

1. All techniques must be first practiced in "slow action" and speeded up only after the mechanics are thoroughly learned.

2. The student acting as the "stooge" should offer only passive resistance and "give" with pressure. Active resistance leads to injury and impedes learning.

3. The student performing the technique should apply pressure slowly and be extremely careful to simulate the striking of all blows. This will allow the "stooge" ample time to signal that he is being hurt and the operator can stop before injury occurs.

4. All techniques should be practiced in such a manner that they fall within the physical capacity of the individuals involved. This can be done by dividing each technique into two phases; namely, the first and the second. The first phase of any technique consists of all the steps or maneuvers necessary to place your opponent in a position where he can be thrown or hurt by the application of pressure. The application of pressure so as to inflict pain or the actual throwing of your opponent constitutes the second phase.

The first phase of any technique is the most important because once you have your opponent in the proper or desired position, it is an easy matter to apply pressure or throw him. Consequently, by practicing only the first phase, or by practicing the first and second phases separately, defensive tactics can be mastered with comparative safety.

There are several safety precautions which must also be observed in the actual use of defensive tactics. Attempting to use a technique or maneuver which has not been thoroughly mastered

may result in embarrassment and injury to the officer, while, on the other hand, promiscuous use of well-learned techniques on the part of the officer may result in serious injury or even death to the person who attacks the officer or offers resistance to arrest. In the final analysis, defensive tactics is dangerous. It is a science which must be used judiciously.

D. BASIC PRINCIPLES

A thorough knowledge of the principles upon which defensive tactics is based, is necessary in order to learn and effectively use it.

1. First, and possibly the most important principle, is "balance." It is only from a balanced position that a maximum of speed, power, and accuracy in physical movement can be realized. Consequently, in defensive tactics the object is to maintain your balance while you endeavor to keep your opponent off balance.

There is no standing position that a man can assume where he is absolutely on balance, in view of the fact that nature has provided only two points of support; namely, the two legs. However, some positions do afford a greater balance than others and the student of defensive tactics should be acquainted with the strength and weakness of each. For example, when an individual stands with his feet together (fig. 1), his base of support is very small; he is definitely off balance and can be easily pushed in any direction. When the feet are spread with the toes in line, the individual is on balance from left to right (fig. 2), but off balance forward and backward (fig. 3).

Even when a position which is considered one of good balance is assumed, that is, with the right (or left) foot slightly forward, feet slightly spread, and knees slightly bent, the individual is strong when pushed from front right to left rear and vice versa (fig. 4), but weak when pushed from left front to right rear and vice versa (fig. 5). If the left foot is forward, the reverse is true.

Consequently, the maintaining of a reasonably good position of balance is a matter of keeping the feet moderately spread, the knees slightly bent, and constantly shifting the feet in accordance with the direction of the attack.

2. The next basic principle has to do with the "extensive use of the trunk muscles, particularly the abdominal group; the use of good body mechanics, and the application of leverage." Good body mechanics consist of the use of the proper muscles in the proper way at the proper time. Leverage is simply the mechanical advantage



Figure No. 1.



Figure No. 2.

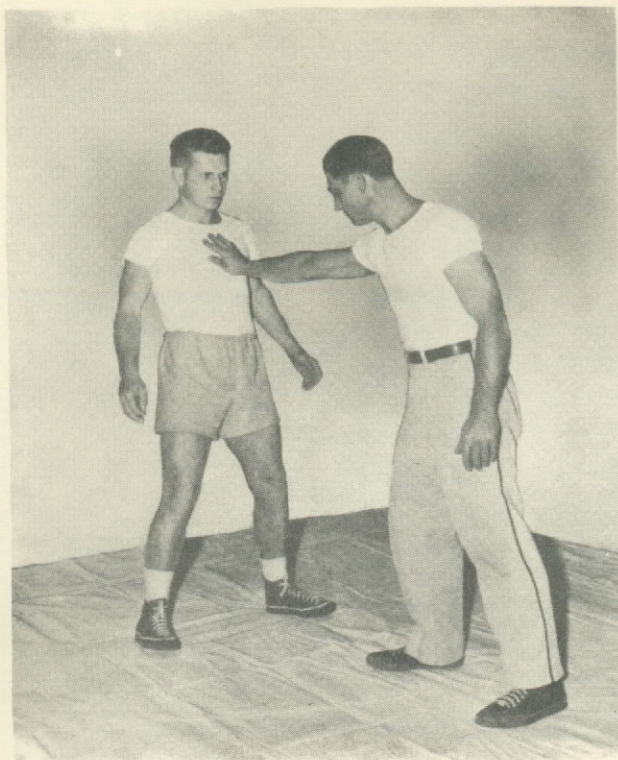


Figure No. 3.



Figure No. 5.



Figure No. 4.

Notes

gained by using a lever.

This principle can be best illustrated by analyzing the mechanics involved in the execution of a simple "hip throw". In the first phase of this throw (fig. 6) you will note that the knees are bent so that your legs can do the lifting and that your hip is placed low against your opponent in such a way that it serves as a fulcrum. From this position your opponent is easily thrown by pulling the upper part of his body forward, twisting your trunk vigorously to the left, and at the same time extending your knees (fig. 7).

3. The third principle is concerned with the "concentration of all of your power at your opponent's weakest spot;" or as this principle is sometimes stated: Maximum strength should be used against minimum strength. In defensive tactics it is not a matter of opposing a hand with a hand or a foot with a foot, but when attacked, you defend yourself by directing all your power, that is, the power of your hands, arms, feet, legs, trunk, and entire body, at the point on your opponent's body which appears to be the weakest under that particular set of circumstances. For example, if you desire to release yourself from a "rear body lock" by working on your opponent's hands, it is not advisable to work against all his fingers with one of your hands, but rather you apply the power of your entire body against his little finger which is the weakest part of his grasp (fig. 8). Another example may be seen when you escape from a "front body lock" by applying pressure to a weak spot. In this case it is the opponent's eyes (fig. 9).

4. The fourth and last principle is the "utilization of an opponent's strength and momentum to his disadvantage." This is brought about by assuming that your opponent is stronger than you are. Therefore, you do not oppose him directly, but rather you use your strength to direct his movements. In other words, if your opponent pushes, you pull, and vice versa.

For instance, if your opponent charges in and attempts to take you down by means of a "leg tackle," you can use his strength and momentum to his disadvantage by placing your hands on his head or upper back, pushing downward and to your left, and at the same time removing your left leg from his path by executing a rear pivot on the right foot (fig. 10).



Figure No. 6.



Figure No. 7.



Figure No. 8.

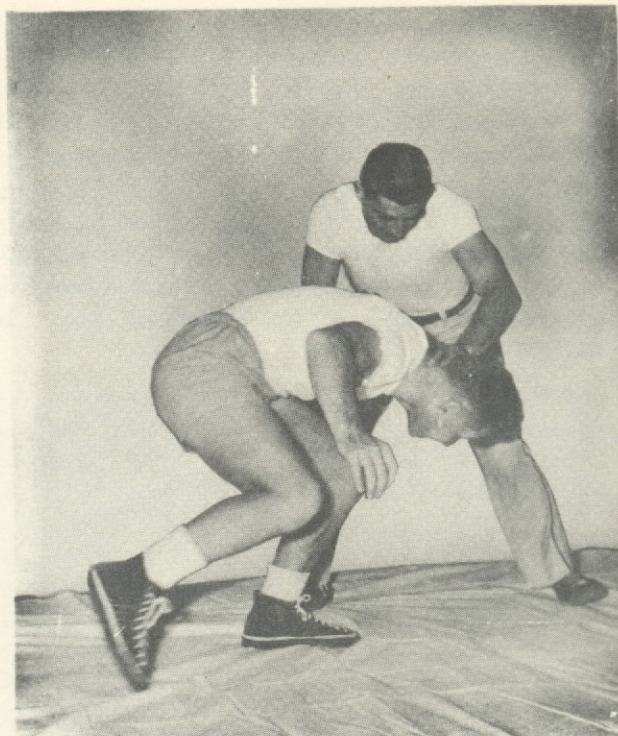


Figure No. 10.

Notes



Figure No. 9.

Another example is the use of a "leg kick" against a strong, aggressive opponent. When an opponent forces you backward (fig. 11), grasp his clothing at the chest or upper arms; pull him forward as you sit down suddenly, at the same time placing your foot in his groin or midsection (fig. 12). Your leg is then extended forcefully, causing opponent to be thrown over your head (fig. 13). Your opponent's momentum, properly directed by you, is the chief factor in bringing about his downfall.



Figure No. 11.



Figure No. 12.

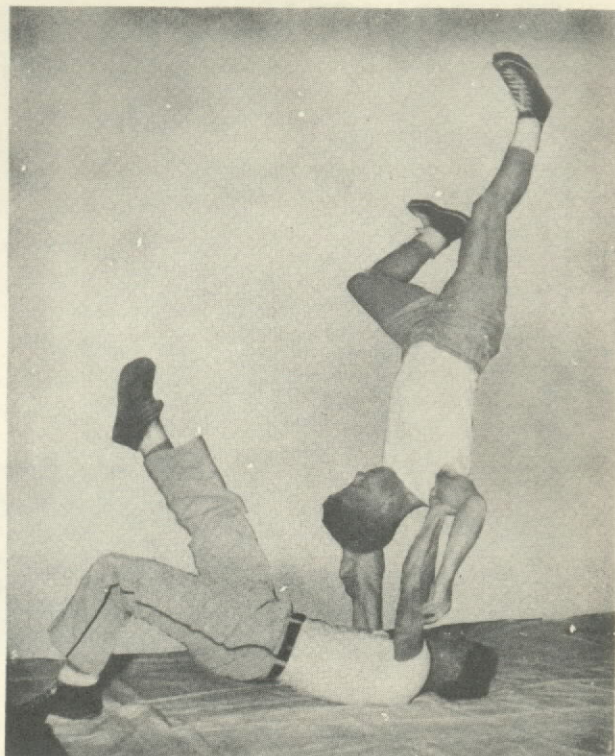


Figure No. 13.



Figure No. 14.

E. FUNDAMENTALS

The positions from which you can best defend yourself, as well as knowledge of how and where to strike counterblows, are fundamentals of defensive tactics. They must be mastered before the more complicated techniques and maneuvers are attempted.

1. On Guard Positions

On guard positions are positions from which you can best protect yourself, either prior to or after you are attacked.

The alert stance (fig. 14) is suggested for use while talking to a suspect or subject, or in any other situation where the possibility of being attacked exists. In this position you stand about arm's length away from your adversary, facing him at about a 45° angle. Your feet are directly under your shoulders or just slightly farther apart, and your knees are bent very slightly. One or both hands should loosely grasp (thumbs out) the lapels of your coat or the arms should be loosely folded at the chest. This position allows you to go into action quickly so as to defend against a possible surprise attack (fig. 15) and at the same time does not arouse suspicion or antagonize the individual or individuals with whom you are confronted.

When you are being attacked, the combat stance (fig. 16) should be assumed. Here the feet are comfortably spread with the right (if you are right handed) about 12 inches to the rear of the left. The knees are slightly bent, with the weight of the body on the balls of the feet. Your hands should be held about face high and the elbows should be carried reasonably close to your body. This is a position of good balance from which you can defend and counterattack to the best of your ability.



Figure No. 15.

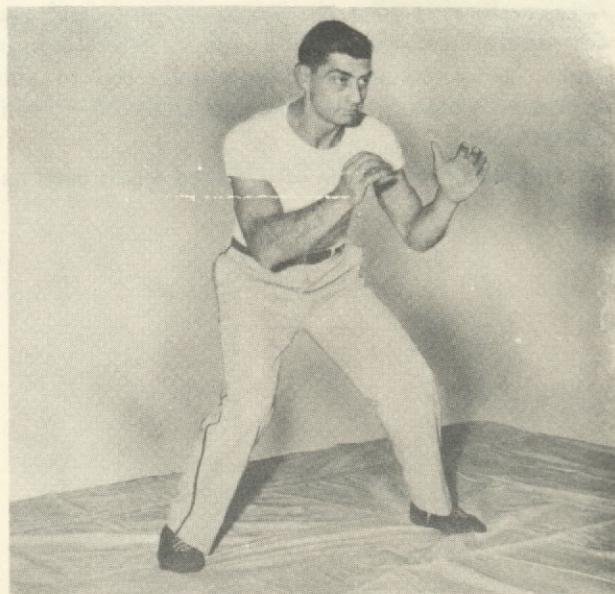


Figure No. 16.

2. Personal Weapon

Personal weapons (chart No. 1) are the parts of the body which can be used for self-defense and counterattack. These weapons are extremely important and it can be said that the law-enforcement officer who develops skill in their use need not consider himself unarmed or helpless even though he finds himself without regularly issued weapons.

When using the hand as a weapon it is well to keep in mind that the wrist should be held straight for all blows, except the "heel-of-hand." "Edge-of-hand" and "edge-of-fist" blows are most effective when delivered with a chopping motion across the body with the palm down, or downward with the palm facing in. The fingers are held rigid for the "finger-jab" and the "extended-knuckles" blow. The "heel-of-hand" blow is delivered upward (hand slightly cupped) when you are close to your opponent.

The foot is used for kicking forward with the toe, to the side with the edge, ball and heel, and for stamping down with the heel. Short snappy kicks, using the forward foot, delivered to your opponent's shin or knee are extremely effective in in-fighting.

The elbow should be fully flexed when used as a

weapon and the most effective blows are delivered toward the rear or outward across the body. A forearm blow is usually delivered by raising the arm about shoulder high, flexing the elbow fully and then swinging the arm sharply forward and toward the inside.

The knee can be used for "knee-lifts" to the face and groin, and to fall on your opponent when taking him to the floor. All blows should be struck with the knee fully flexed and in the case of "knee-lifts" the foot should be returned to the floor immediately so that you are off balance only momentarily.

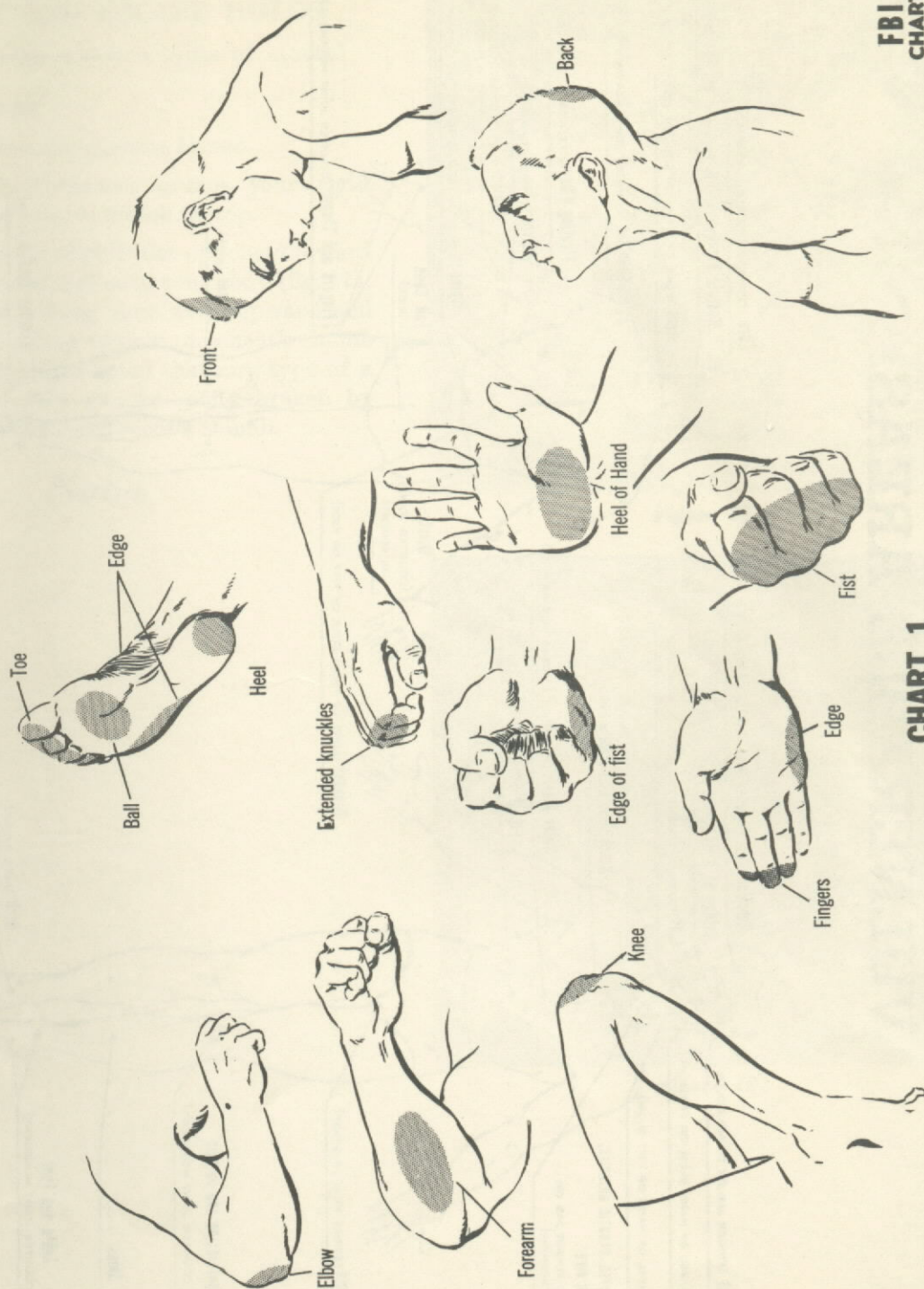
The head is a reasonably formidable weapon and one should not hesitate to use it for butting when the occasion arises.

3. Vulnerable Areas

The human body has numerous structural weaknesses which are decidedly vulnerable to attack. Blows or pressure applied to these areas may cause severe pain, unconsciousness and, sometimes, even death. The location of the major vulnerable areas along with the type of blow which is the most effective against each is set forth in chart No. 2.

Notes

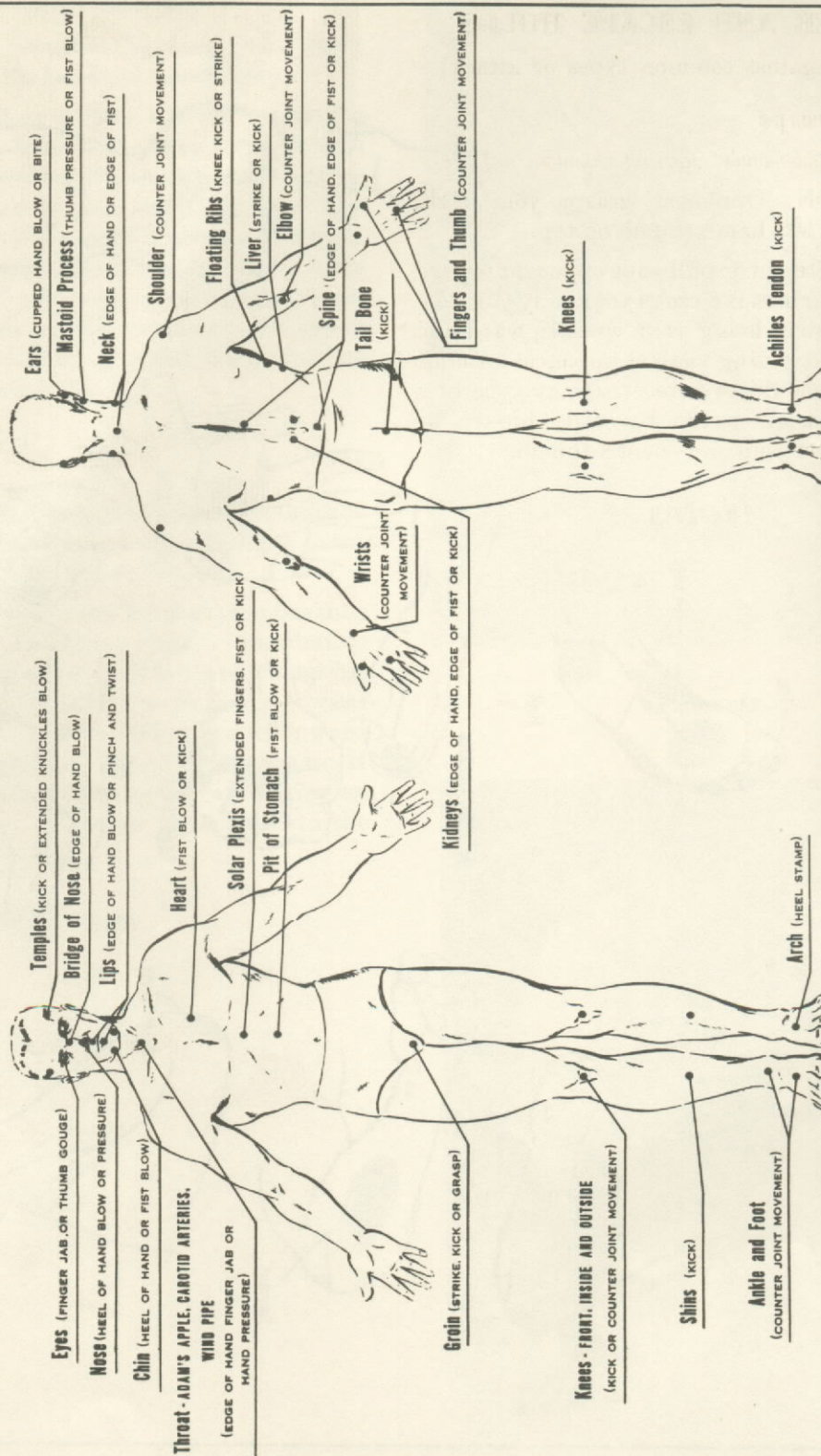
PERSONAL WEAPONS



FBI
CHART

CHART 1

VULNERABLE AREAS



Front

Back

CHART 2

FBI
CHART

F. COUNTER AND ESCAPE HOLDS

(Defenses against common types of attack)

1. Wrist Grasps

(a) *One hand—twist against thumb.*

SITUATION: Opponent grasps your right wrist with his left hand, thumb on top.

ACTION: Step in or pull your opponent toward you so that your arm is close to your body (fig. 17). Then immediately bring your wrist upward and to the outside, twisting against opponent's thumb (fig. 18). It should be noted that any type of a one-hand wrist grasp can be easily broken by twisting against your opponent's thumb.

Notes



Figure 17.

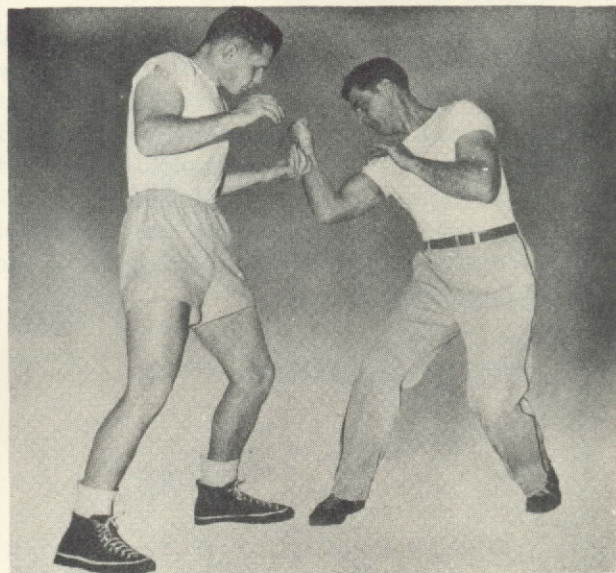


Figure 18.

(b) *Two hands—grasp own fist.*

SITUATION: Opponent grasps your right wrist with both of his hands, thumbs on top.

ACTION: Feint or strike a blow to opponent's face with your left hand as you step forward with your right foot, bending both knees and bringing your right arm close to your body (fig. 19). Immediately grasp your right fist with your left hand and pull upward and backward as you extend your knees (fig. 20). The pressure applied against opponent's thumb forces him to release his grasp and makes it possible for you to counter further with an "elbow blow" (fig. 21).

2. *Grasp on Chest*

(a) *Trap arm.*

SITUATION: Opponent grasps the clothing at your chest with his left hand and attempts to set you up for a right-hand blow (fig. 22).

ACTION: Place your left hand over opponent's left hand and hold it to your chest. Immediately bring your right arm over his left and clamp his forearm tightly to your body as you twist toward your left (fig. 23). Pressure is applied downward on the back of opponent's elbow (fig. 24). Also, if necessary, from this position you can deliver an "edge-of-fist" blow with your right hand to the side of opponent's face.

Notes



Figure 19.

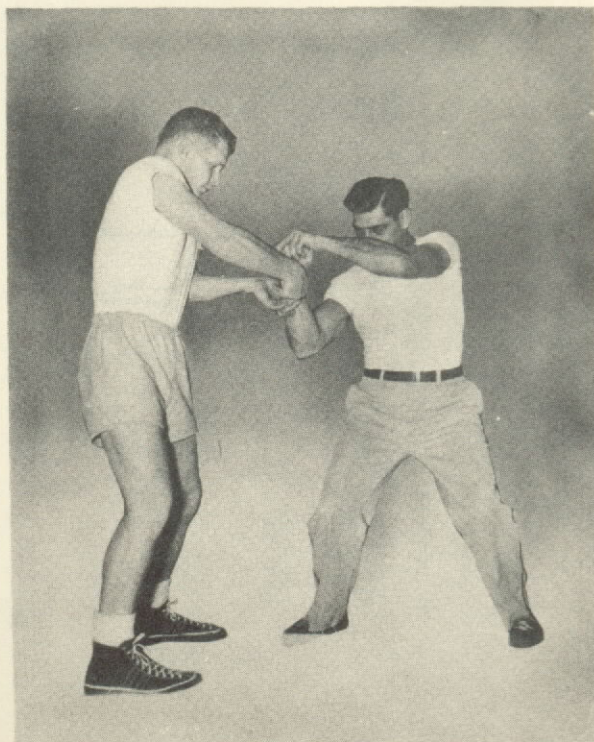


Figure 20.

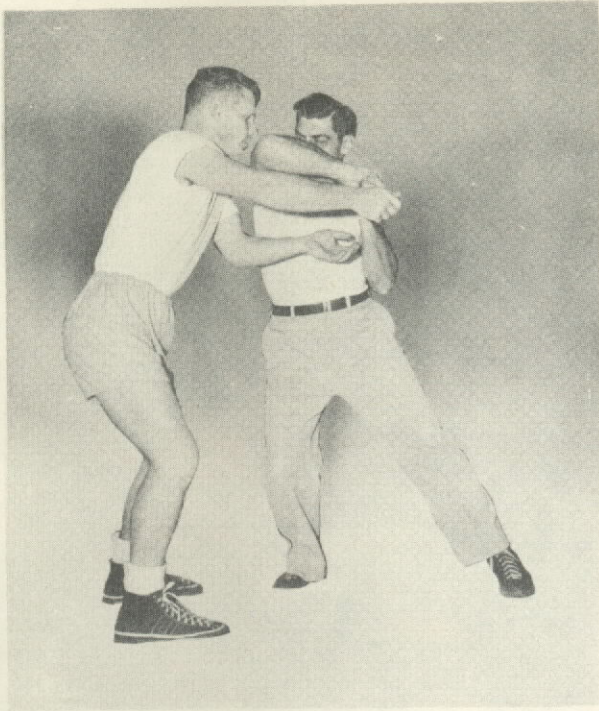


Figure 21.

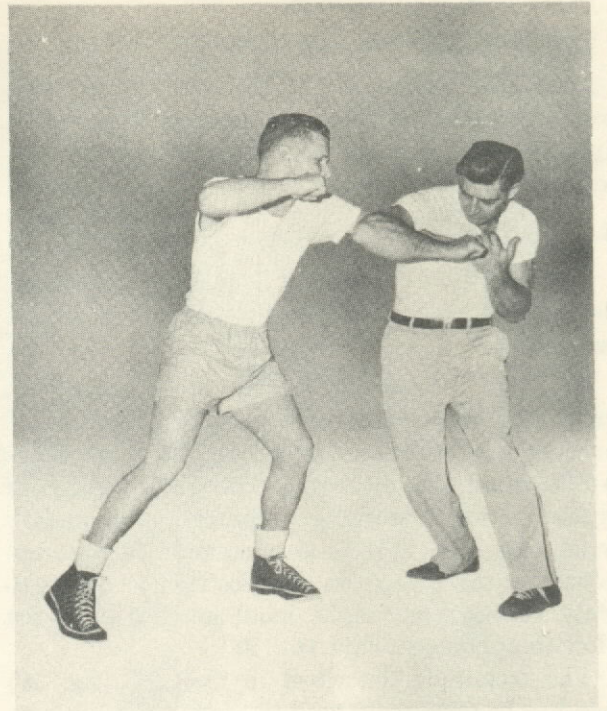


Figure 23.



Figure 22.



Figure 24.

(b) *Forearm to forearm.*—

SITUATION: Same as in "2 (a)."

ACTION: Same as in "2 (a)" except you grasp opponent's wrist from underneath with your right hand and place your forearm against opponent's forearm (fig. 25).

3. *Push on Chest—Trap Hand.*

SITUATION: Opponent places his right hand flat against your chest and attempts to push you backward.

ACTION: Place your left hand over opponent's hand and your right hand over your left hand, holding opponent's hand securely to your chest. At the same time bend your knees and bend your trunk forward, exerting pressure on opponent's wrist (fig. 26). (It is also possible to butt opponent in the face from this position.) Immediately release your right hand and strike a fist blow to opponent's chin (fig. 27).

The technique described in "2 (a)" (fig. 25) can also be effectively used in the above situation.

4. *Grasp on Arm—Trap Hand in Crotch of Elbow*

SITUATION: Opponent grasps the front of your left arm directly above the elbow with his right hand (fig. 28).

ACTION: Bring your left hand to the outside and then over his forearm, trapping his wrist in the crotch of your elbow. Grasp your left hand with your right hand and exert pressure downward on the back of opponent's wrist by simultaneously bending both knees, bending the trunk forward and pulling both arms in toward your body (fig. 29). Immediately release your right hand and strike a blow to opponent's face.

NOTE.—The law enforcement officer should be very cautious when and if he makes contact with an individual in the manner described in section F, paragraphs 2, 3, and 4.

5. *Body Locks—Front*

(a) *Blows.*

SITUATION: Opponent grasps you around the body from the front; one or both of your arms are free.

ACTION: Immediately bend both knees so that your body weight will be lowered and you will be in a position of reasonably good balance. This should be your initial action whenever an opponent applies a hold of this type. Follow up quickly with a hand blow to the region of the face

(fig. 30); butt to face with your head, knee-lift to groin, kick to shins, or stamp on his arch with your heel.

(b) *Hip throw.*

SITUATION: Opponent grasps you around the body from the front; your arms are pinned to your sides.

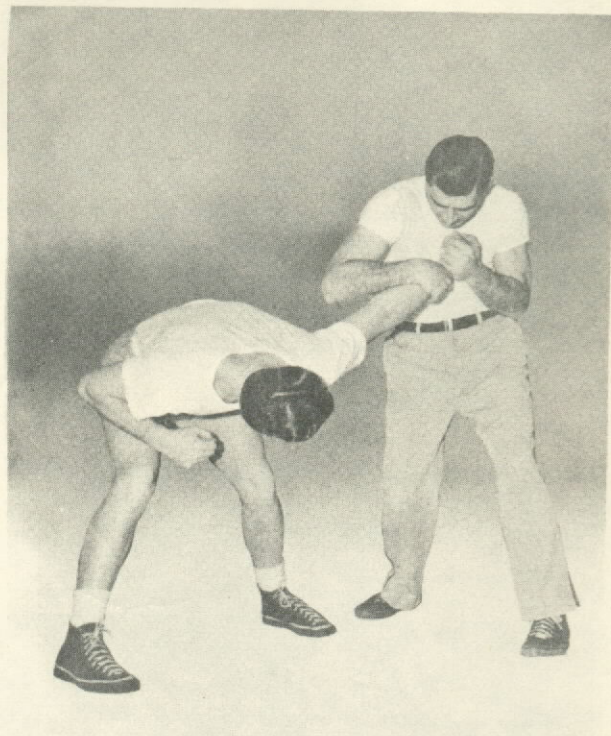


Figure 25.

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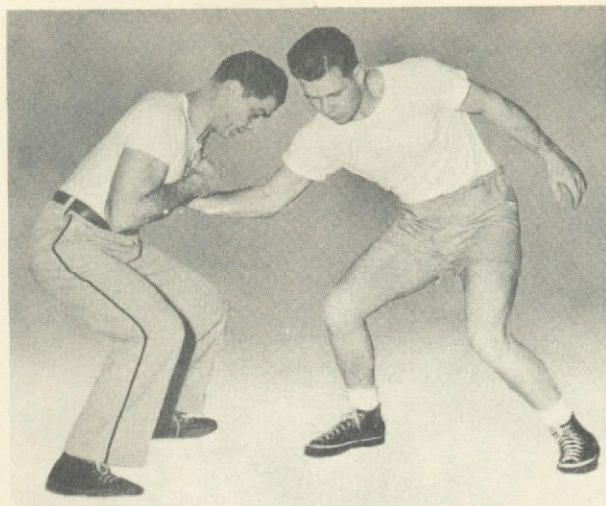


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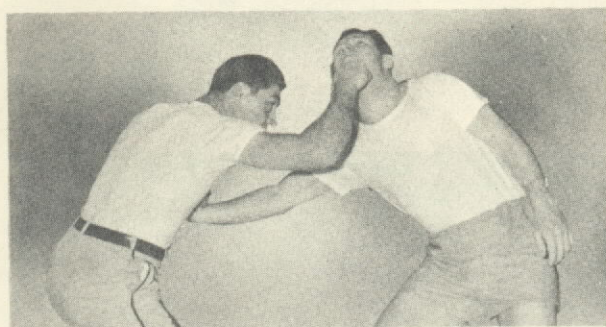


Figure 27.



Figure 28.



Figure 29.

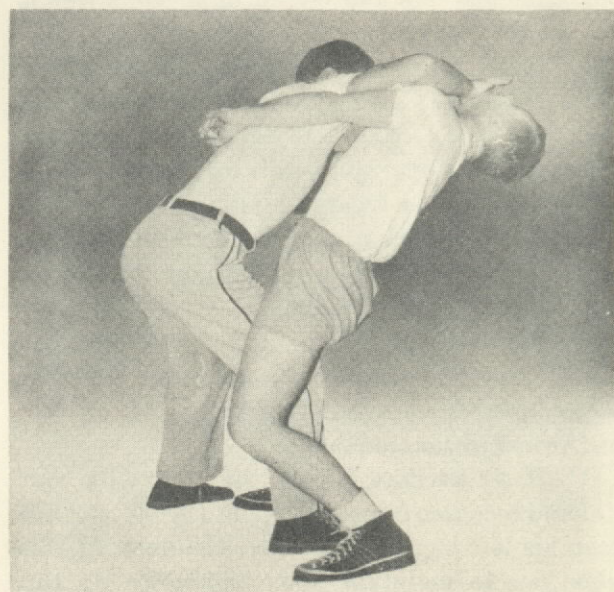


Figure 30.

ACTION: Bend both knees as you jab your thumbs or fists into opponent's groin so as to loosen his grasp (fig. 31). Grasp the clothing at his right shoulder with your left hand and pass your right arm around opponent's body. Exert pressure downward with your left hand and upward with your right arm and shoulder and at the same time step across the front of opponent's body with your right foot, placing it slightly outside and in front of opponent's right foot. Both knees are bent and your buttocks are placed low against your opponent (fig. 32). Throw opponent to the floor by pulling the upper part of his body forward, twisting your trunk vigorously to the left, and at the same time extending the knees (fig. 33).

6. Body Locks—Rear

(a) Blows.

SITUATION: Opponent approaches from the rear and grasps you around the body; one or both of your arms are free.

ACTION: Strike an elbow blow to his face (fig. 34); strike a hand blow to the groin; stamp on his arch with your heel or butt backwards with your head.

(b) Leg pick-up.

SITUATION: Same as "6 (a)" except both of your arms are free and one of opponent's legs is between your legs.

ACTION: Feint upward with your arms as if to grasp his head. Immediately bend forward and grasp opponent's leg close to the ankle as you push backward into opponent. Pull up sharply on his leg as you fall backward, landing hard on opponent's mid-section with your buttocks (fig. 35). You can also execute a counter joint movement on his knee or apply a toehold.

(c) Double leg pick-up.

SITUATION: Opponent approaches from the rear and grasps you around the body pinning both your arms to your sides.

ACTION: Strike a blow to the groin with your left hand to loosen opponent's hold (fig. 36). Then grasp his left leg directly above the knee. (This helps you to maintain your balance). At the



Figure 31.

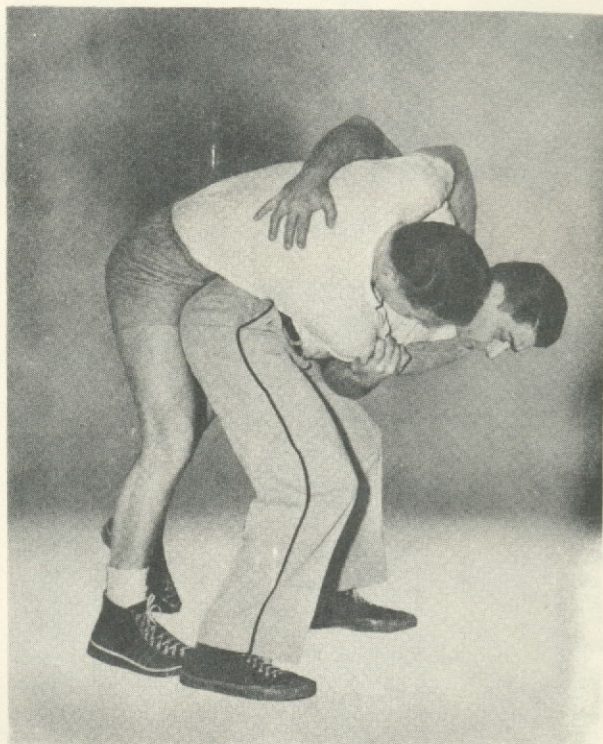


Figure 32.

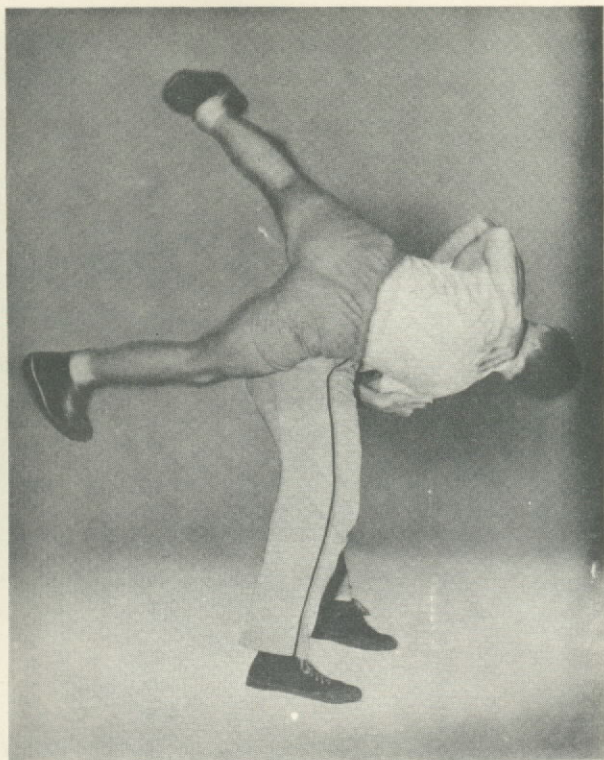


Figure 33.

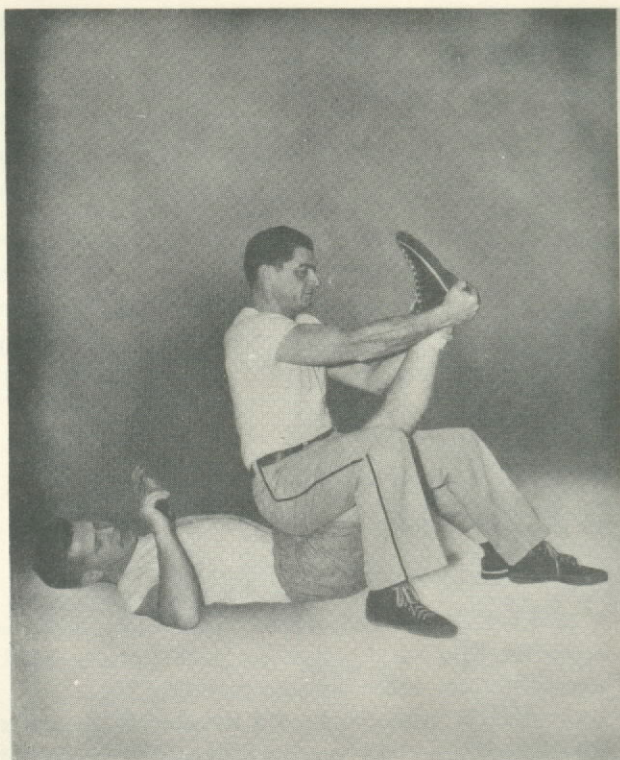


Figure 35.

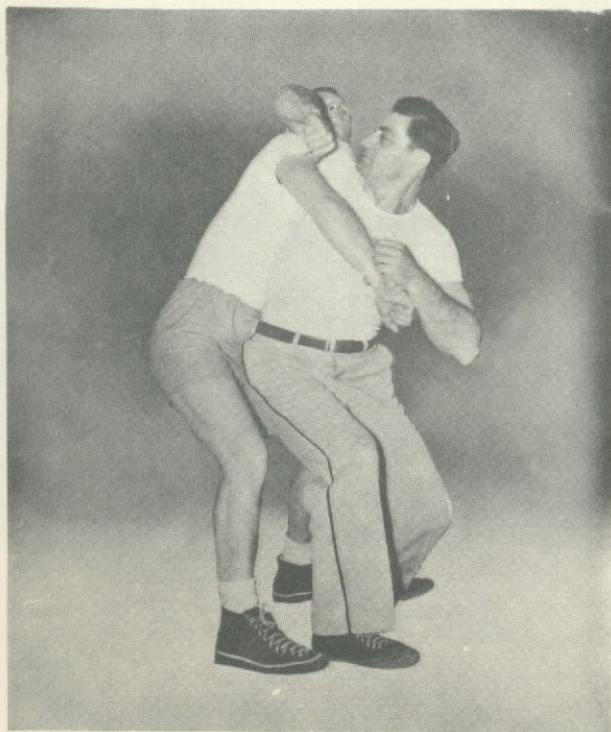


Figure 34.

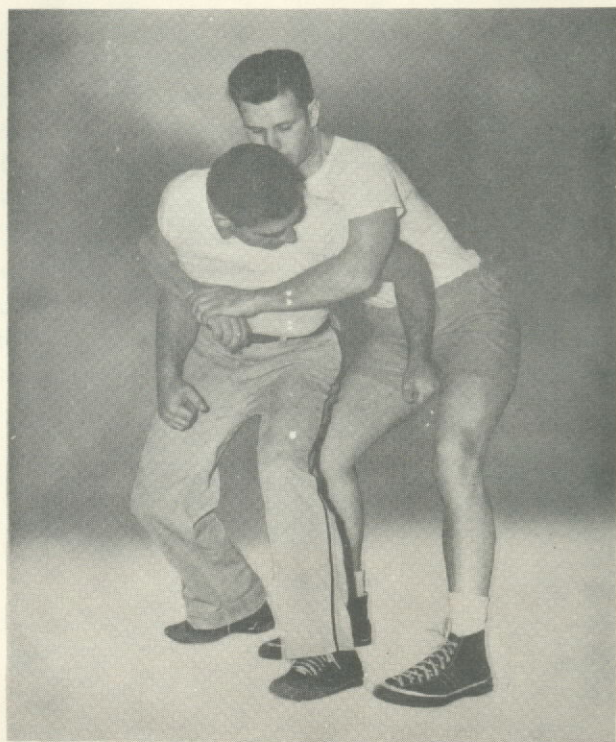


Figure 36.

same time twist to your left moving your left leg to the rear, placing your left foot directly behind opponent's right foot (fig. 37). Immediately place your left hand under his left knee and your right hand under his right knee and turn your head sharply to the left as you lift opponent upward and backward (fig. 38). If opponent releases his hold, his head and upper back will strike the floor—if he does not release his hold, the same results can be realized by your falling sideways to your left, landing on top of him.

7. Front Strangle

(a) *One hand.*

1. Knock off—strike blow.

SITUATION: Opponent grasps your throat with his right hand and cocks his left arm in readiness to deliver a blow to your face (fig. 39).

ACTION: Strike his right wrist with the heel of your right hand as you twist your body sharply toward your left (fig. 40). Immediately follow up with an "edge-of-hand" blow to the side of opponent's neck (fig. 41), or if opponent is close, you may use an elbow blow effectively.

2. Reverse wrist lock.

SITUATION: Same as "7 (a) 1."

ACTION: Reach over opponent's forearm with your right hand and grasp his right hand, placing your thumb on the back and your fingers in the palm, around the little finger edge. At the same time grasp his right wrist from underneath, with your left hand (fig. 42). Immediately turn your body toward your right, moving your right foot slightly to the rear, and turn opponent's hand in

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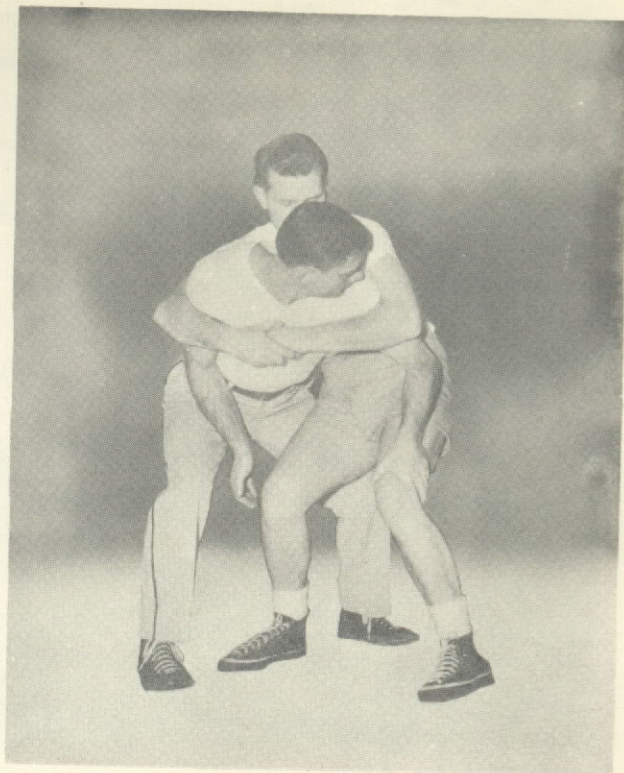


Figure 37



Figure 38.

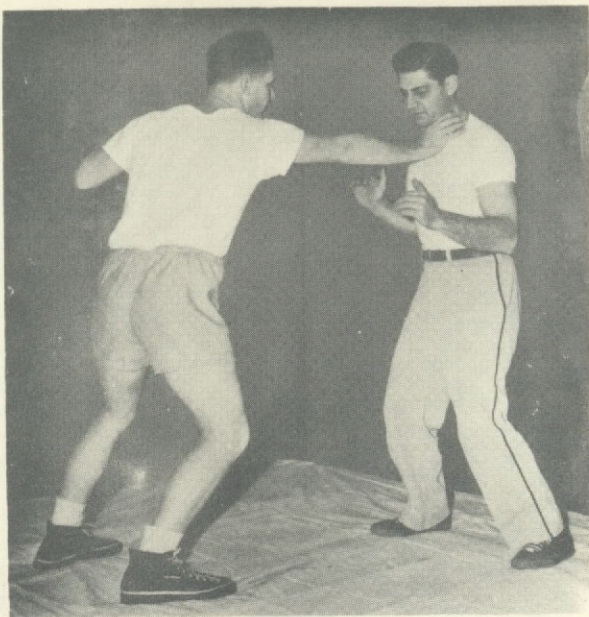


Figure 39.



Figure 41.

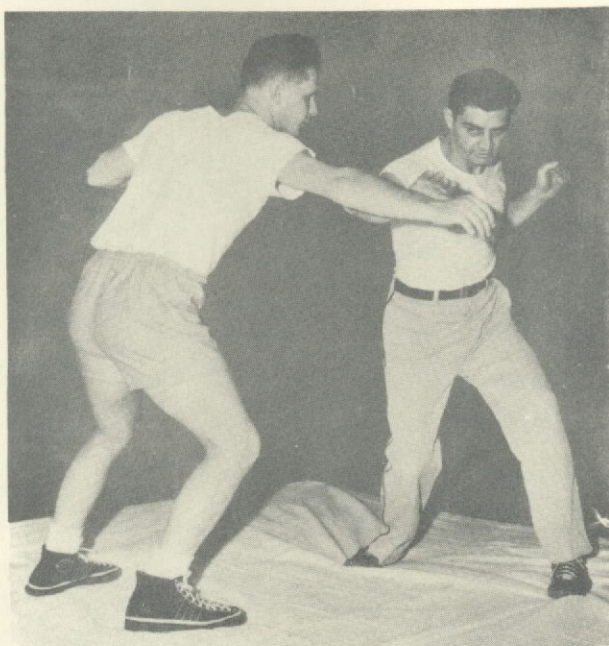


Figure 40.



Figure 42.

the same direction. Release the grasp on his wrist with your left hand and grasp his hand, placing your thumb on the back directly below the third knuckle, and your fingers in the palm and against the inside of his wrist (fig. 43). You may control your opponent by forcing his hand toward his wrist and by twisting it toward your right.

(b) *Two hands,*

1. Windmill.

SITUATION: Opponent attempts to strangle you by grasping your throat with both of his hands (fig. 44).

ACTION: Fling your right arm upward and toward your left, striking the outside of opponent's left wrist with your upper arm and shoulder, and at the same time, step forward to your left with your right foot (fig. 45). Follow up with "edge-of-fist" blow with your right hand to side of opponent's neck (fig. 46).

2. Wedge.

SITUATION: Same as in 7 (b) 1.

ACTION: Clasp your hands together and bend your knees slightly (fig. 47). Opponent's grip on your throat is broken by bringing your arms sharply upward inside his arms, as you extend your knees (fig. 48). Follow up by striking a downward blow with your folded hands to the face of your opponent (fig. 49).

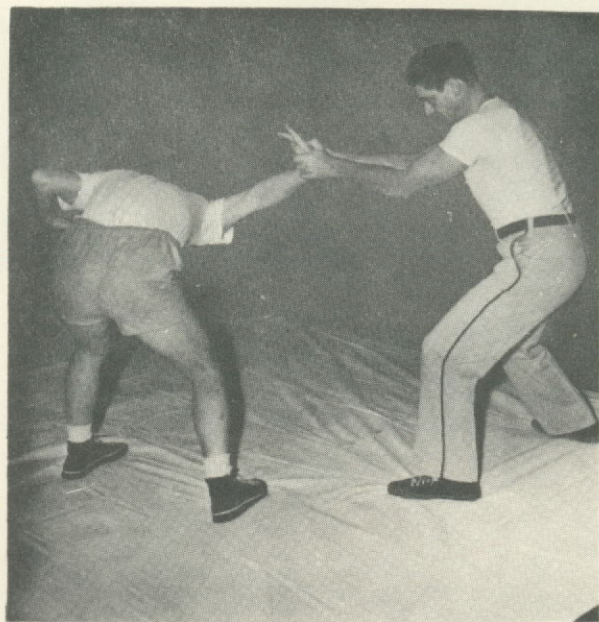


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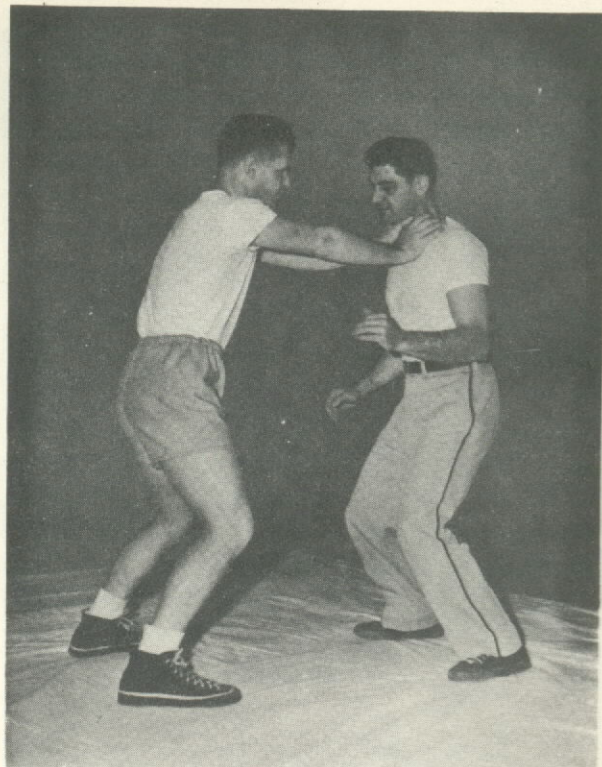


Figure 44.

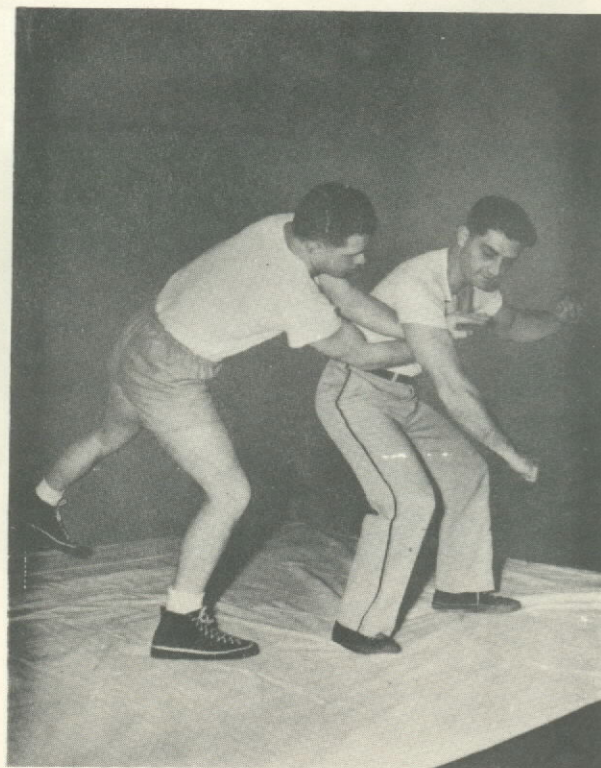


Figure 45.

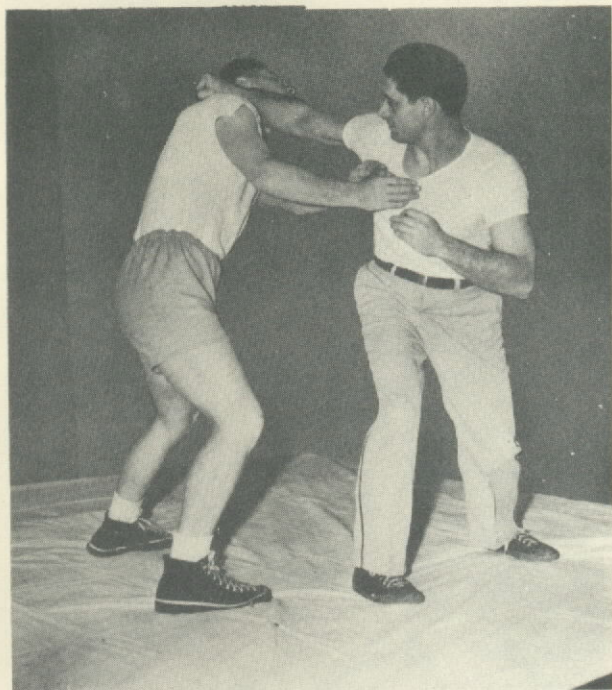


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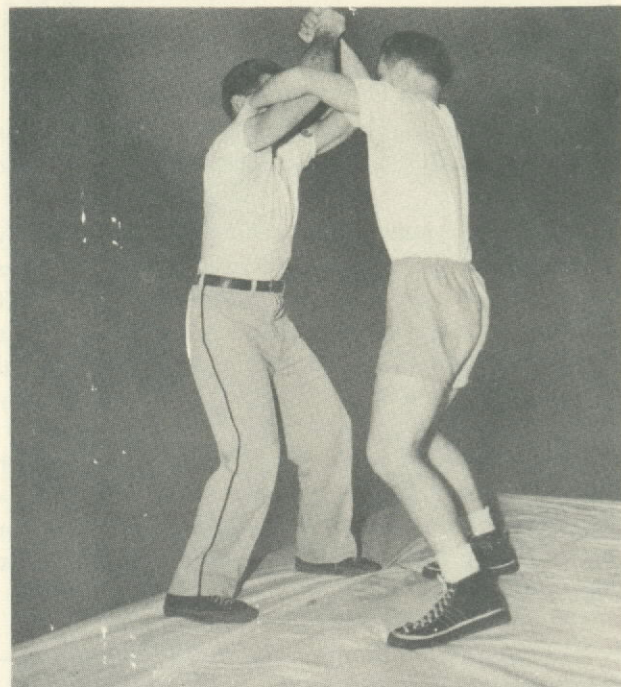


Figure 48.



Figure 47.

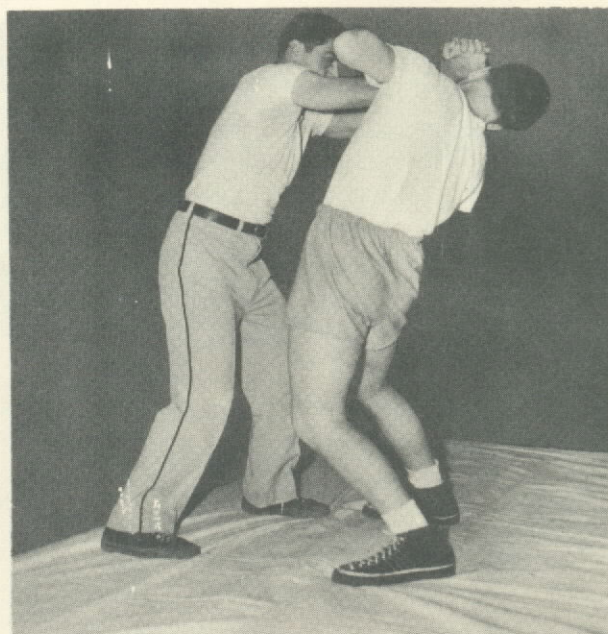


Figure 49.

8. Rear Strangle

(a) *Over-the-shoulder throw.*

SITUATION: Opponent places his right forearm across your throat from the rear, grasps his right wrist with his left hand and attempts to strangle you.

ACTION: Immediately turn your head slightly to your right, and at the same time bend your knees and pull down on his right forearm with your left hand. Then grasp his right arm as close to the shoulder as possible with your right hand and pull him forward so that your buttocks are firmly against your opponent's mid-section (fig. 50). Throw opponent over your right shoulder by simultaneously bending your trunk forward as you twist it toward your left, pulling forward with both of your arms and straightening both of your legs (fig. 51).

(b) *Pivot and leg lift.*

SITUATION: Same as in "8 (a)" except opponent bends you backward.

ACTION: Immediately grasp his right forearm with both of your hands and pull downward so as to relieve the pressure on your throat (fig. 52). Quickly twist your head and body toward your left and at the same time raise your right shoulder as you strike opponent in the groin with the edge of your left fist or forearm (fig. 53). Continue turning toward your left, moving your left leg toward the rear. (If necessary a blow to opponent's groin can be struck with your right fist at this time.) Grasp one of opponent's legs, preferably the right, with both of your hands and lift it clear of the floor. Force opponent to the floor by pushing him backward (fig. 54).

9. Front Strangle—On Floor

(a) *On side—knock off and roll.*

SITUATION: Opponent applies a front strangle hold from the left side of your body while you are on your back on the floor (fig. 55).

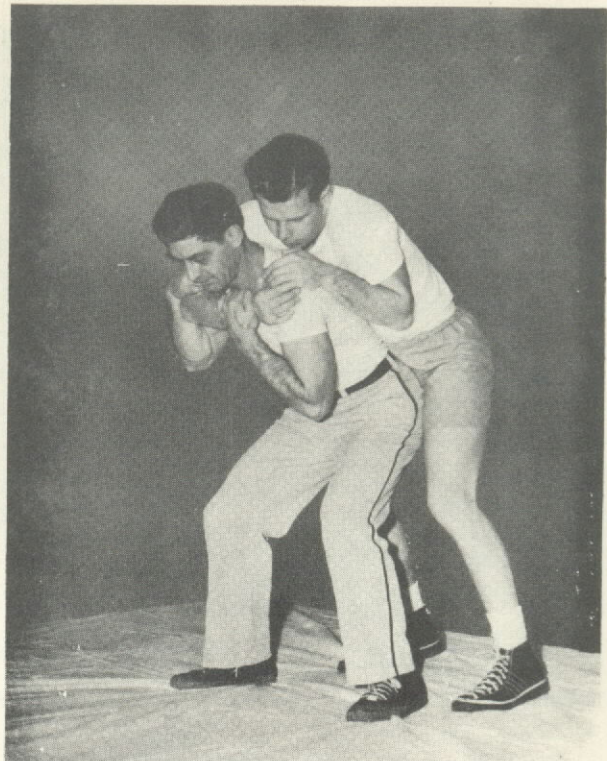


Figure 50.

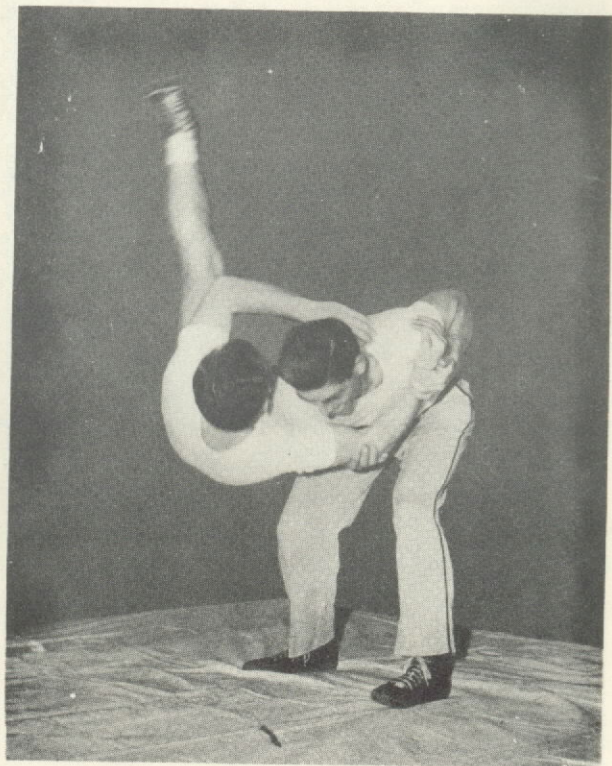


Figure 51.

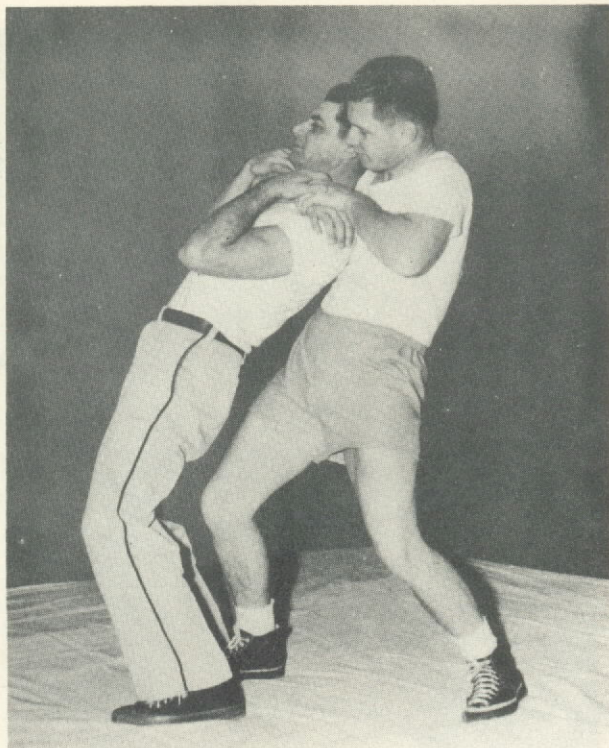


Figure 52.

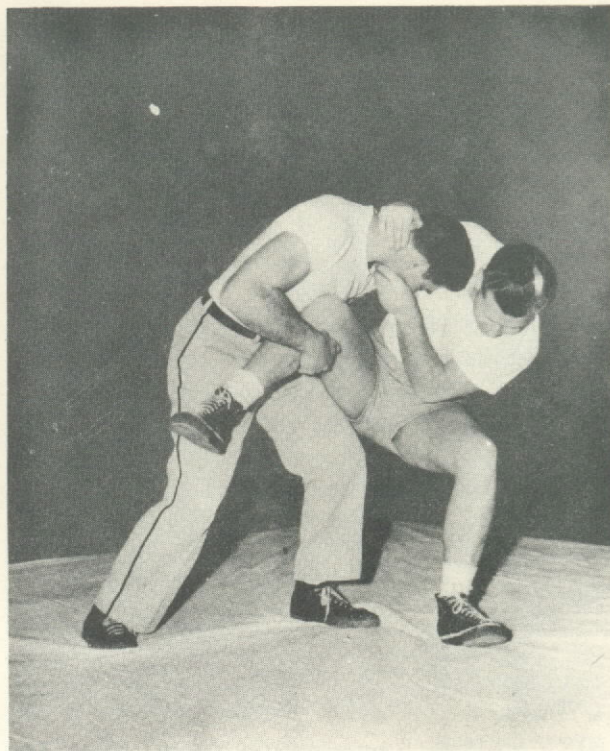


Figure 54.

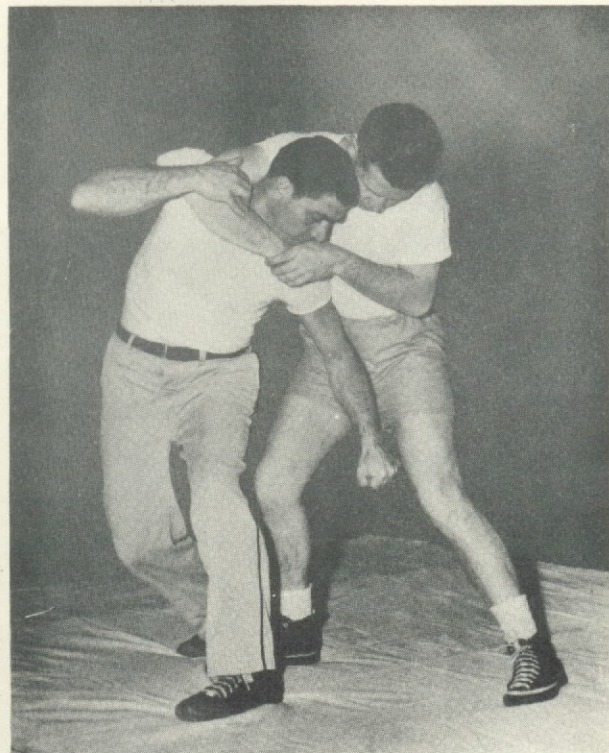


Figure 53.

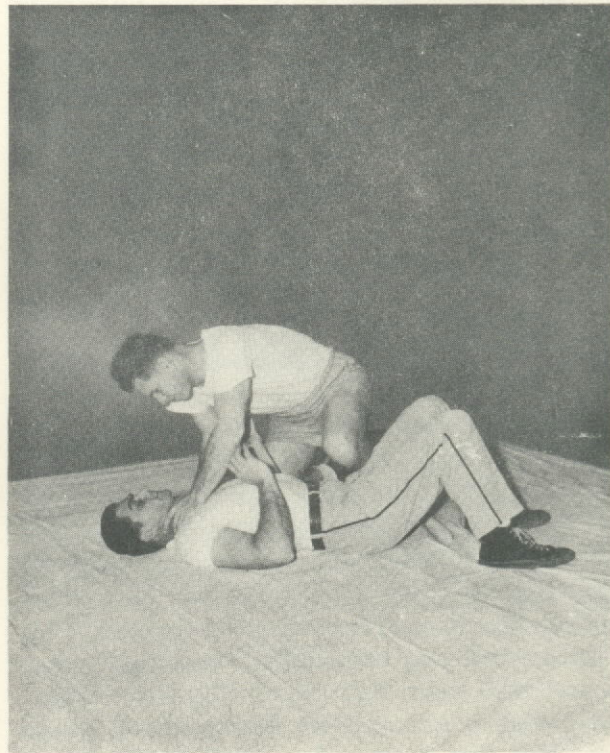


Figure 55.

ACTION: Twist your body vigorously toward your left and strike opponent's right wrist with the heel of your right hand (fig. 56). Immediately twist toward your right and strike opponent's left wrist with the heel of your left hand (fig. 57). Continue rolling and get to your feet as soon as possible.

(b) *Straddle*—Strike elbows and knee to crotch.

SITUATION: Same as "9 (a)" except opponent straddles your body (fig. 58).

ACTION: Strike opponent's elbows with your hands (thumbs inside) as you bring your knee up hard into his crotch (fig. 59). Continue pushing with your hands and lifting with your knee as you roll sideward (fig. 60). If necessary, follow up further with an "edge-of-fist" blow to opponent's groin.

10. Kicks

(a) *Avoiding Kick.*

1. Twist.

SITUATION: Opponent is facing you. He attempts a kick to your groin or midsection with his right foot (fig. 61).

ACTION: Twist your body quickly toward the right as you execute a sideward movement toward your left by bending your left knee and straightening your right knee. At the same time bring your left arm across the front of your body in an effort to parry the kick (fig. 62).

2. Rear Pivot.

SITUATION: Same as "10 (a) 1."

ACTION: Move your right leg backward and to your left, keeping your left foot stationary. At the same time bring your left arm across the front of your body (fig. 63).

NOTE: Kicks may also be avoided by springing or jumping out of range or by rushing the opponent so that the kick has little or no effect.

(b) *Pivot and lift leg.*

SITUATION: Same as in "10 (a) 1."

ACTION: Move your right leg backward and toward your left as you grasp underneath opponent's leg, near the ankle, with your left hand. Continue the upward movement of opponent's leg by lifting with your left hand and immediately grasp his heel with your right hand (fig. 64). Opponent's balance is completely destroyed and he can be easily pushed backward to the floor (fig. 65).

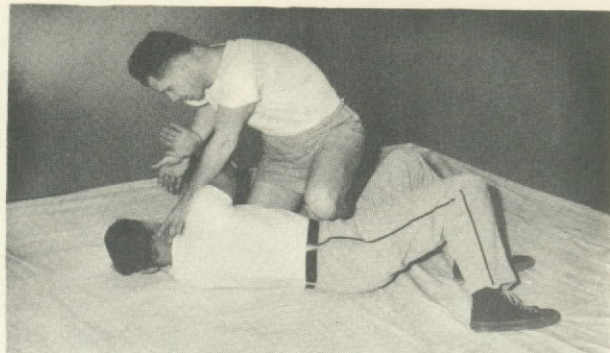


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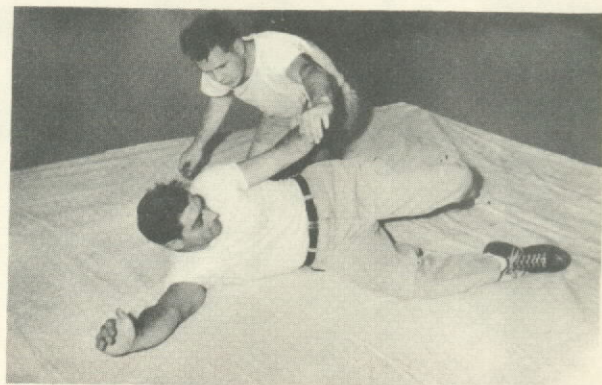


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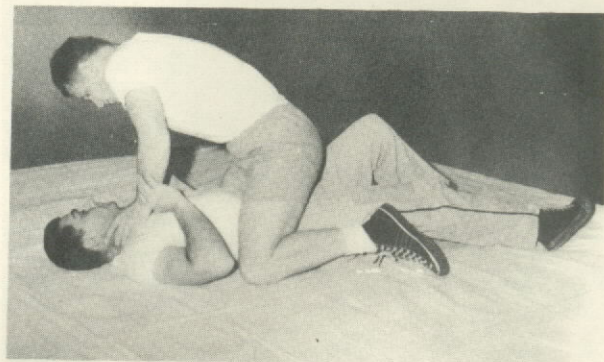


Figure 58.

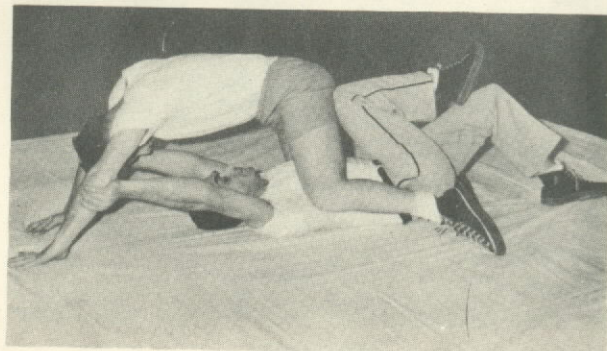


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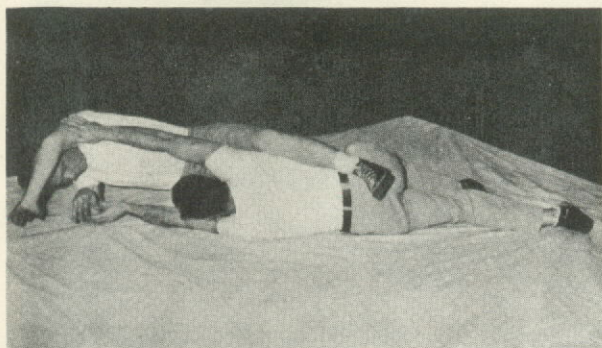


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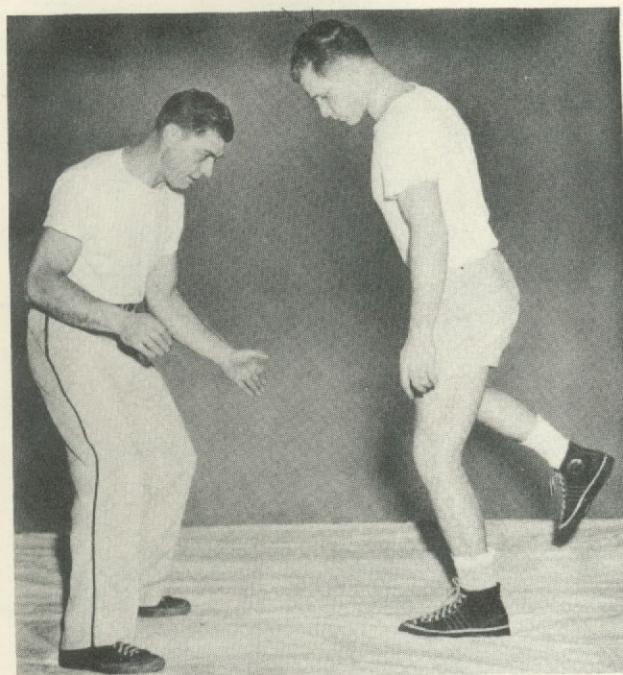


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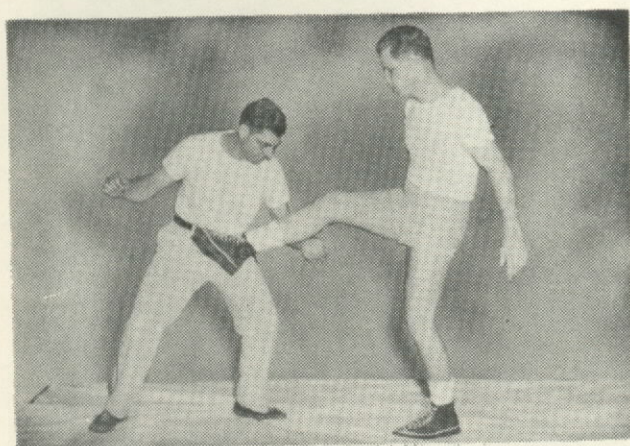


Figure 62.

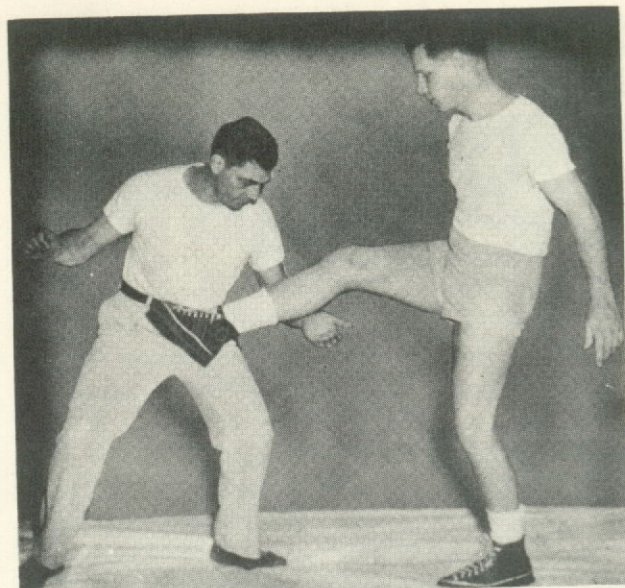


Figure 63.

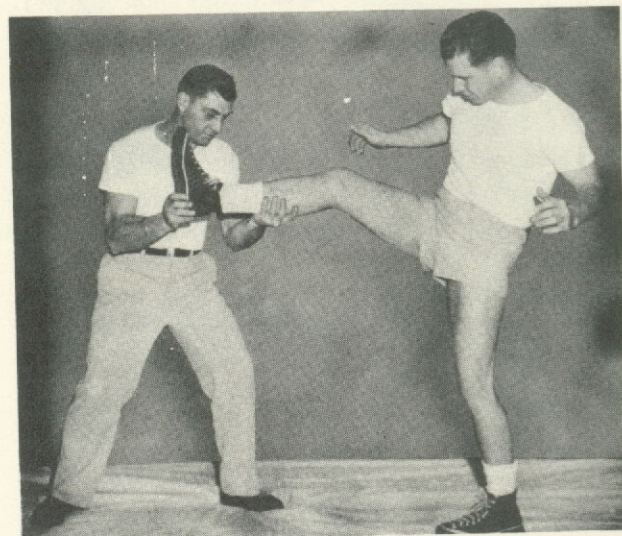


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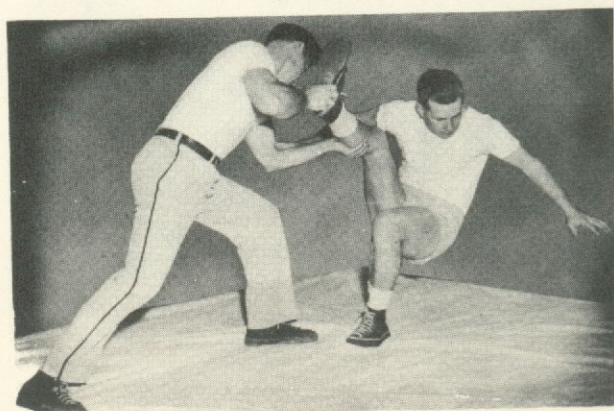


Figure 65.

(c) Pivot and toe hold.

SITUATION: Same as in "10 (a) 1."

ACTION: Same as in "10 (b)" except that you grasp the top of his foot near the toes with your right hand (fig. 66). Twist his toe vigorously toward your right as you push forward, forcing your opponent to the floor (fig. 67).

(d) Pivot and crotch kick.

SITUATION: Same as in "10 (a) 1."

ACTION: Same as described in "10 (b)" and illustrated by figure 64, and immediately deliver a kick to opponent's groin with your right foot (fig. 68).

(e) Foot block.

SITUATION: Same as in "10 (a) 1."

ACTION: Twist your body toward your right and at the same time raise your left foot and move it forward toward your right. The kick is blocked and pain is inflicted when opponent's shin makes contact with the outside edge of your shoe (fig. 69).

(f) Cross arm block and grab.

1. Standing.

SITUATION: Same as "10 (a) 1."

ACTION: Cross your arms as you step in with your left foot and catch the kick in the "V" formed by your crossed arms (fig. 70). Grasp opponent's leg with your hands and jerk it upward (fig. 71). Immediately shift your right hand from opponent's leg to the bottom of his foot and continue to lift the leg as you push opponent backward to the floor (fig. 72)

Notes

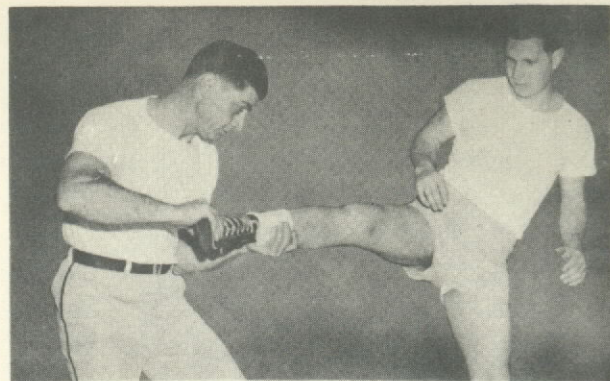


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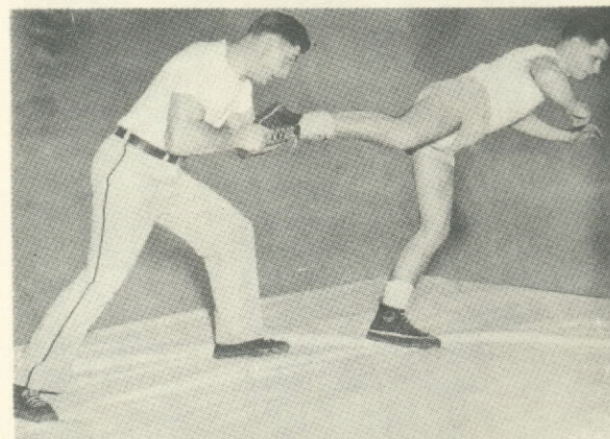


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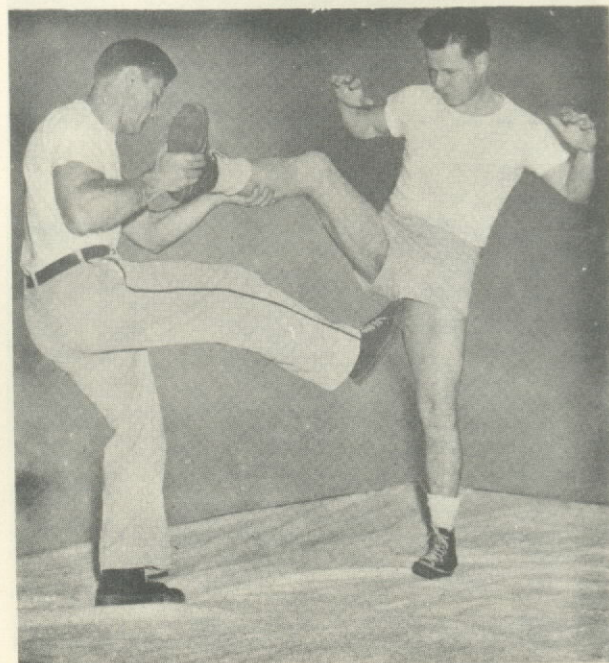


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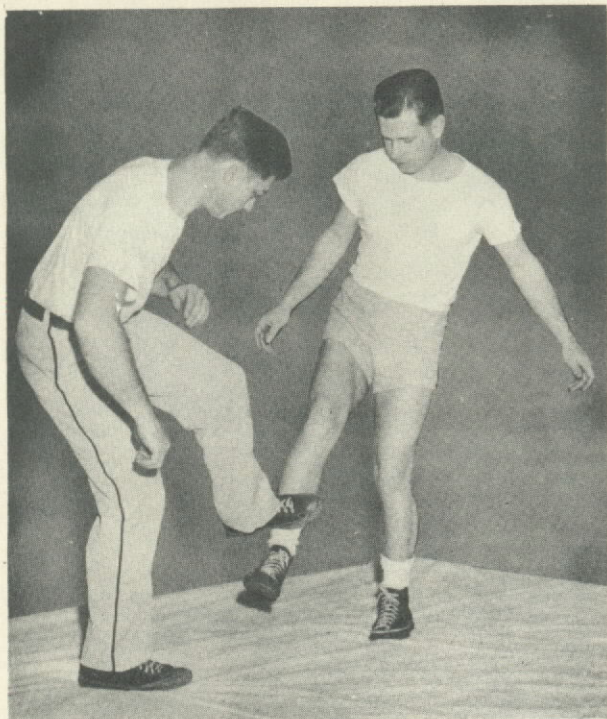


Figure 69.

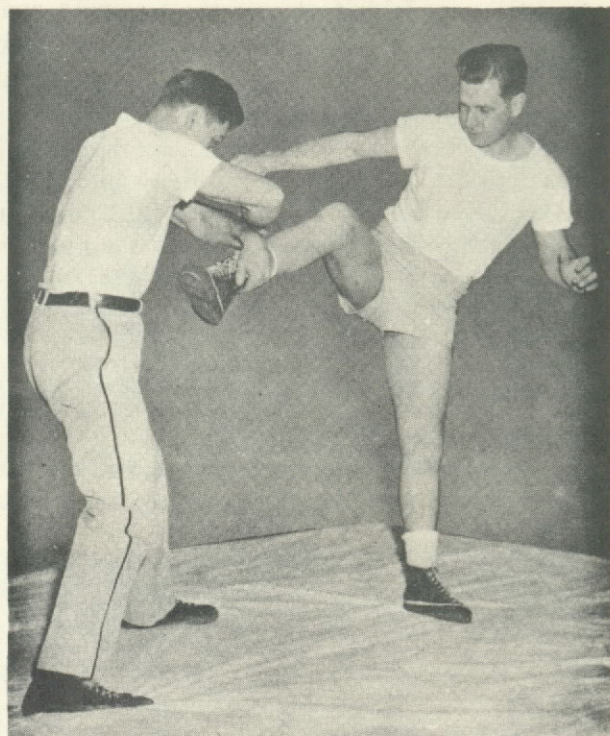


Figure 71.



Figure 70.

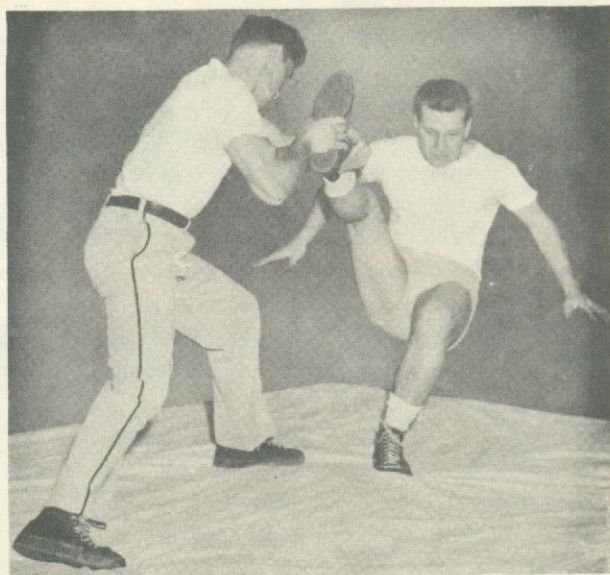


Figure 72.

2. On floor.

SITUATION: You are on the floor, practically on your knees, and opponent attempts to kick you in the face with his right foot.

ACTION: Cross your arms and catch the kick in the "V" formed by your crossed arms (fig. 73). (If you do not have time to cross your arms, either forearm may be used to block the kick). Immediately grasp opponent's leg with your hands and pin his foot to the floor as you drive your right shoulder hard against his leg directly below and slightly to the inside of the kneecap. Your head is placed against the outside of opponent's leg to avoid any kick which might be attempted with his left foot (fig. 74).

11. Leg Tackle

(a) Side step and push.

SITUATION: Opponent charges in and attempts to take you down by grasping one or both of your legs.

ACTION: Strike opponent on the head or upper back, forcing him downward and to your left. At the same time remove your left leg from his path by executing a rear pivot on your right foot (fig. 75).

(b) Front Strangle.

SITUATION: Same as "11 (a)."

ACTION: Place both your hands on his shoulders and move a step or two to the rear as you slow down his charge. Keep your legs well out of reach of his hands (fig. 76). Immediately place your right forearm across the front of his neck, grasp your right wrist with your left hand and apply pressure sharply upward (fig. 77)

(c) Head Twist Chancery.

SITUATION: Same as "11 (a)."

ACTION: Same as in (b) except your right forearm is placed across the side of opponent's neck and face, twisting his head toward your left, and your left hand is placed on his right shoulder (fig. 78).

12. Blows

(a) Parry toward outside—trip.

SITUATION: Opponent swings a round-house right-hand punch in the direction of your chin.

ACTION: Parry the blow toward the outside by placing your left forearm against opponent's right forearm (fig. 79). Immediately pass your left arm over opponent's right arm, trapping his



Figure 73.

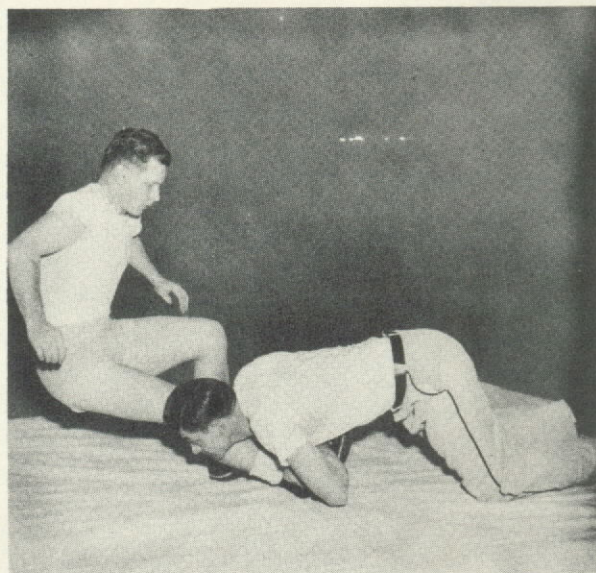


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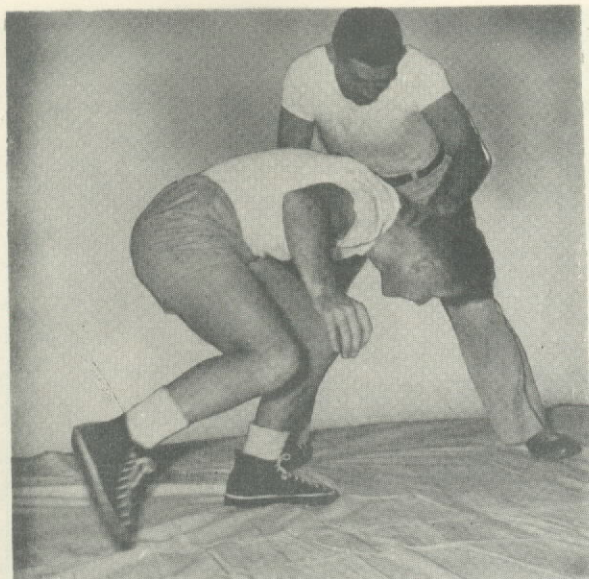


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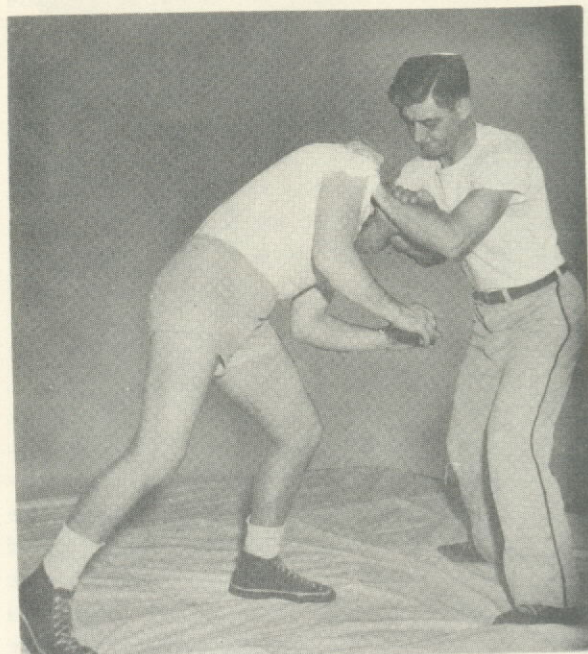


Figure 78.

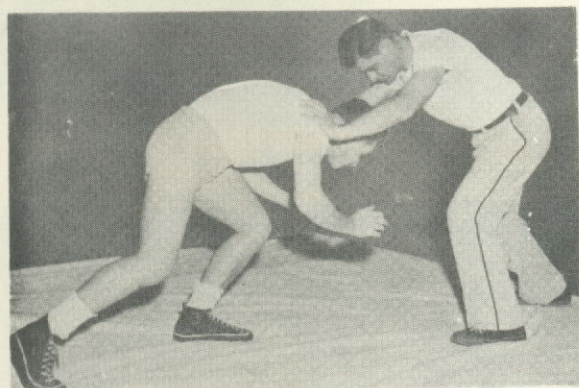


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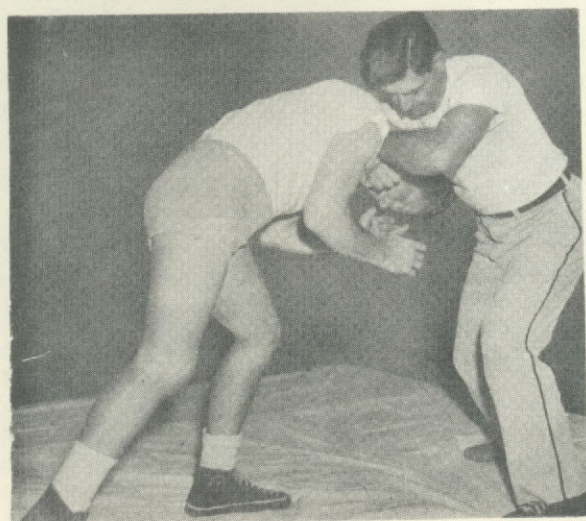


Figure 77.

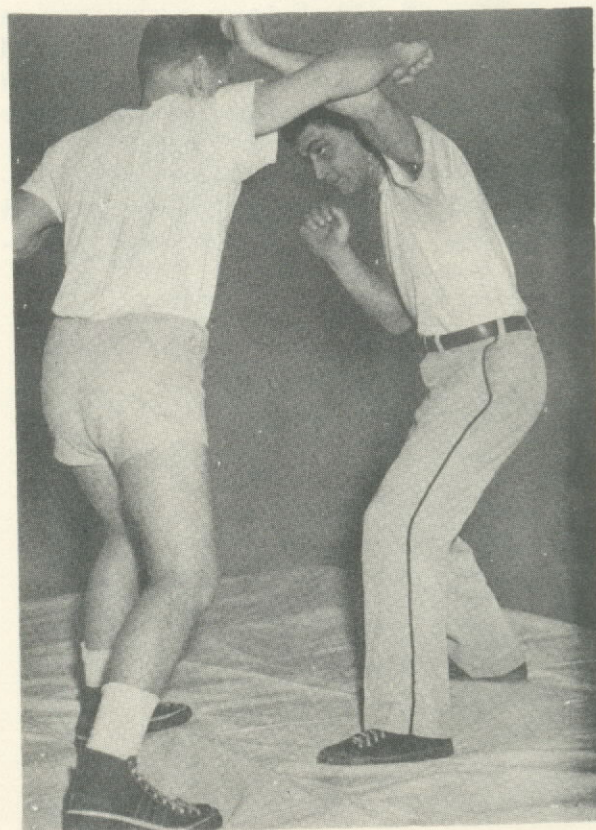


Figure 79.

forearm between your arm and body, and at the same time deliver a "heel-of-hand" blow with your right hand to his chin (fig. 80). The force of your blow should bend opponent backward and he can be taken easily to the floor by bringing your right leg outside his right leg, placing your foot behind and inside his foot, as you push on his chin with your right hand and pull on his right arm by twisting your body toward your left (fig. 81).

(b) *Parry toward inside—strangle hold.*

SITUATION: Opponent delivers a straight right-hand punch in the direction of your chin.

ACTION: Parry the blow toward inside with your left hand or forearm (fig. 82). Immediately move in, placing your right arm over opponent's right arm and around his neck and at the same time strike a sharp blow in the region of opponent's right kidney with the heel of your left hand (fig. 83). The force of your blow and the pressure exerted on opponent's neck with your right arm will bend him backwards and twist his body towards his left. Immediately step behind him with your right leg, placing your right hip against opponent, directly below his buttocks, as you grasp your right wrist with your left hand (fig. 84). Opponent can be held in this position until subdued, or he can be thrown to the floor over your right thigh or hip.

In the event that opponent's arm is approximately head-high after the blow has been parried (fig. 85), your right arm should pass under in-

Notes



Figure 80.

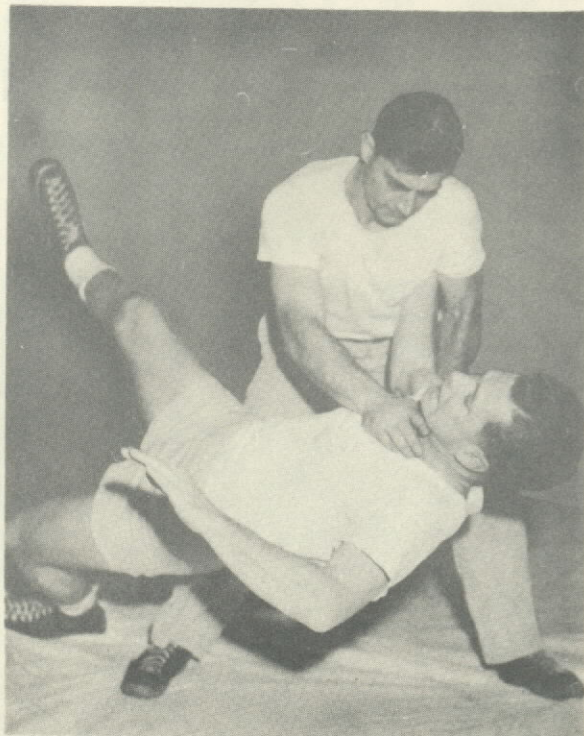


Figure 81.

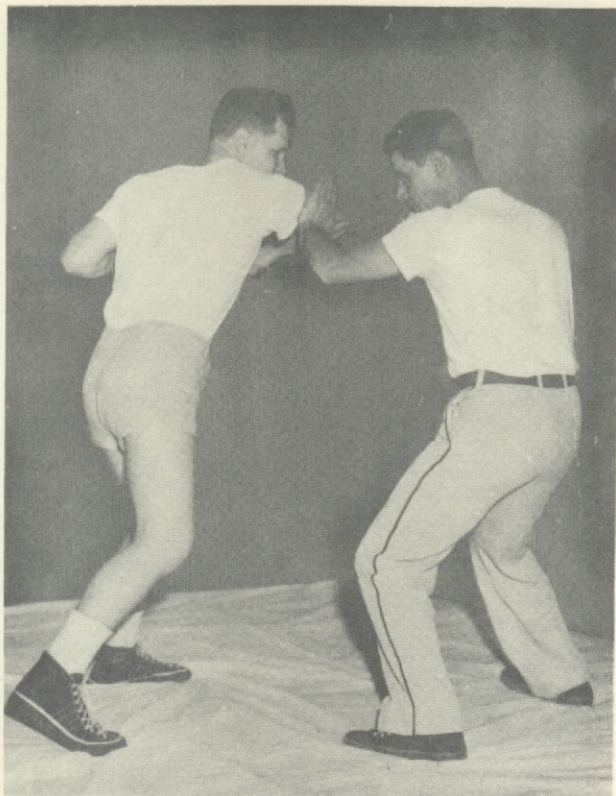


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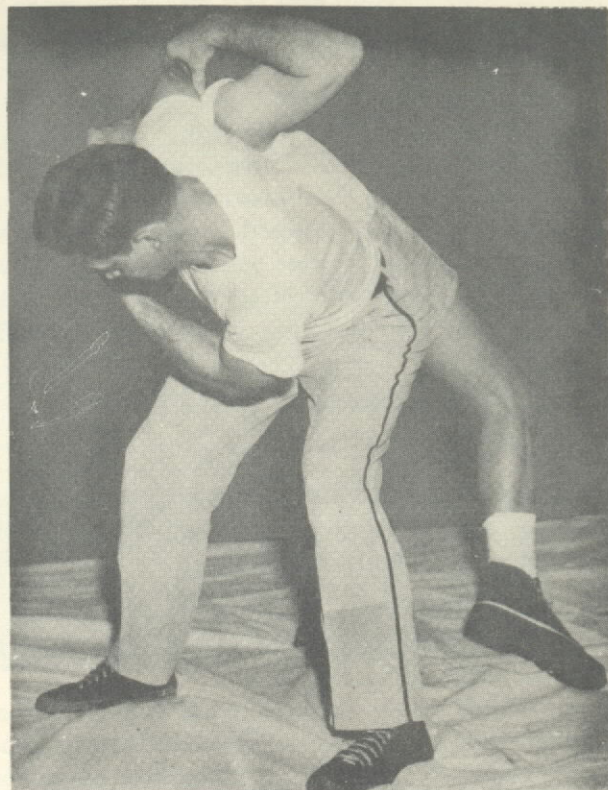


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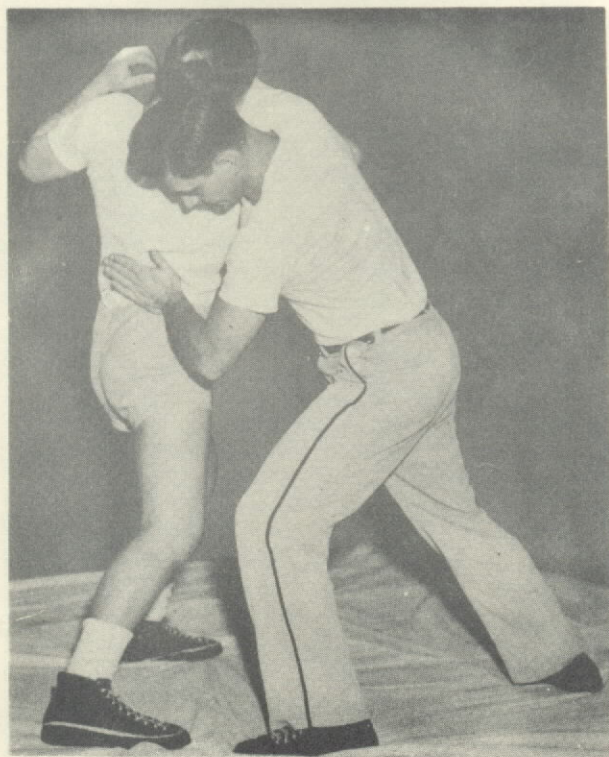


Figure 83.

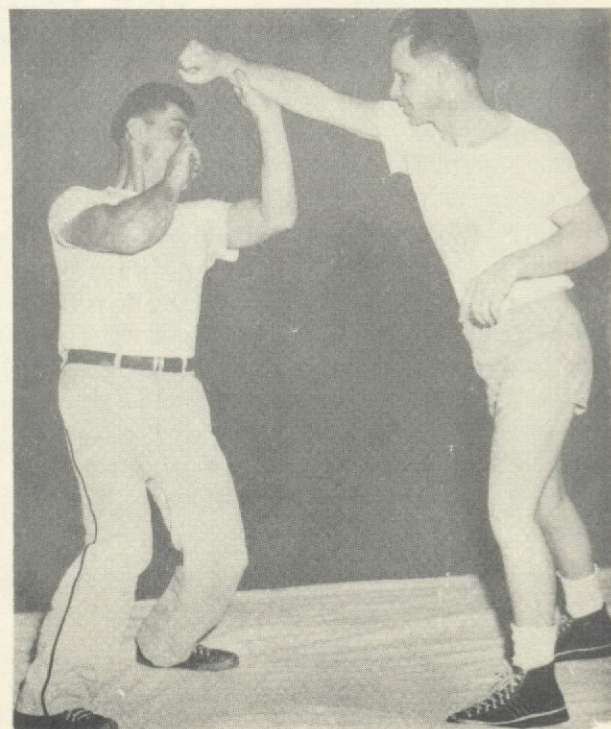


Figure 85.

stead of over his right arm (fig. 86) as you move in assuming the same position as in figure 84.

(c) *Parry toward inside-kick.*

SITUATION: Opponent delivers a right-hand blow in the direction of your chin.

ACTION: Parry the blow toward the inside with your left hand or forearm and at the same time twist your body toward your right and lean slightly backward so that your weight is shifted to your right leg. Immediately deliver a kick to the inside of opponent's left knee with the inside edge or heel of your left foot (fig. 87).

G. MISCELLANEOUS HOLDS AND THROWS

NOTE: The following techniques have application in situations where your opponent has attacked, or is about to attack you.

1. *Wrist Throw*

SITUATION: Opponent is standing slightly to your right and facing you.

ACTION: Step forward with your left foot and at the same time grasp opponent's right hand with your left hand. Your thumb is placed on the back of his hand, between the first and middle fingers, and your fingers pass over his thumb to the palm of his hand (fig. 88). Quickly bend his wrist, and with a circular motion turn his hand inward and upward raising it about shoulder high. As you do so, grasp his hand with your right hand, placing your thumb on the back of his hand between the middle and third fingers and your fingers in his palm, close to his wrist. Pressure is applied on the back of his hand and on his wrist forcing his hand downward and outward to your left (fig. 89). Drag opponent to the floor by continuing the pressure on his hand and wrist as you step backward with your left foot (fig. 90). Further punishment can be inflicted on opponent by smashing down hard on his lower ribs with your right knee (fig. 91), or by placing your right knee on his right arm directly above his elbow (fig. 92).

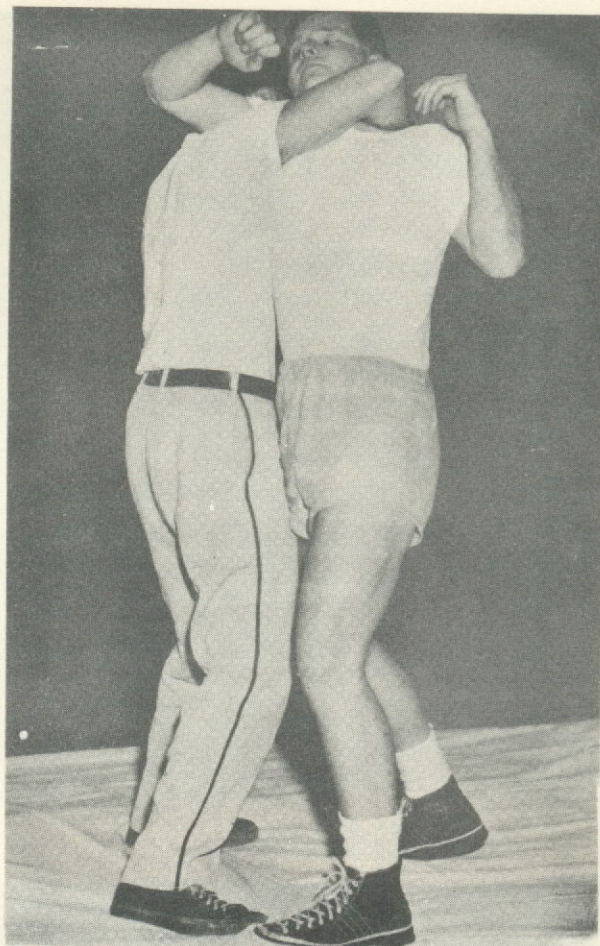


Figure 86.

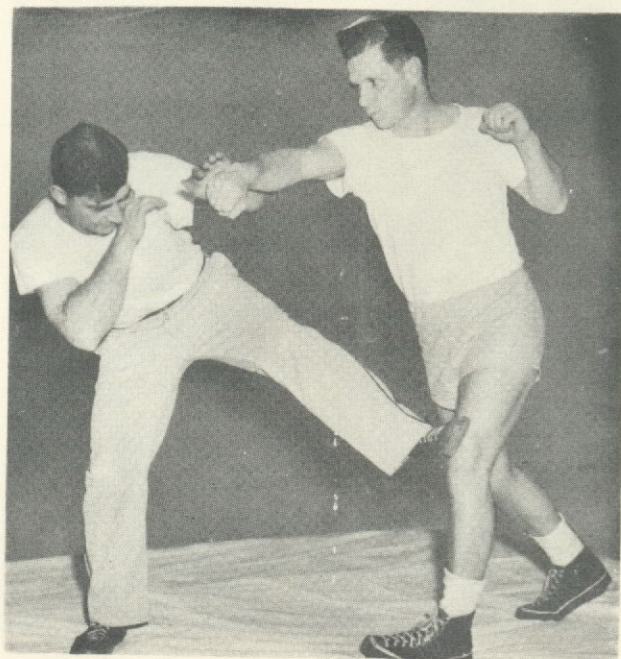


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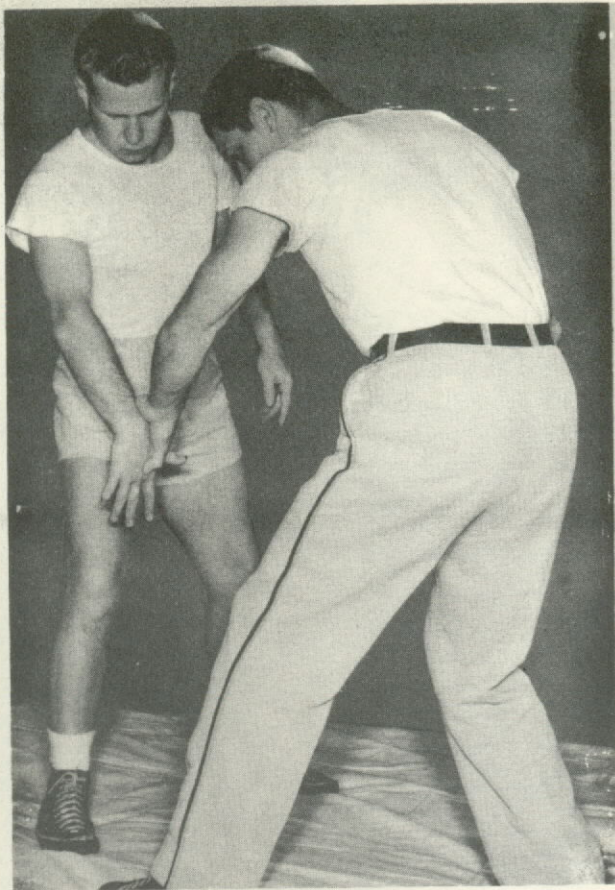


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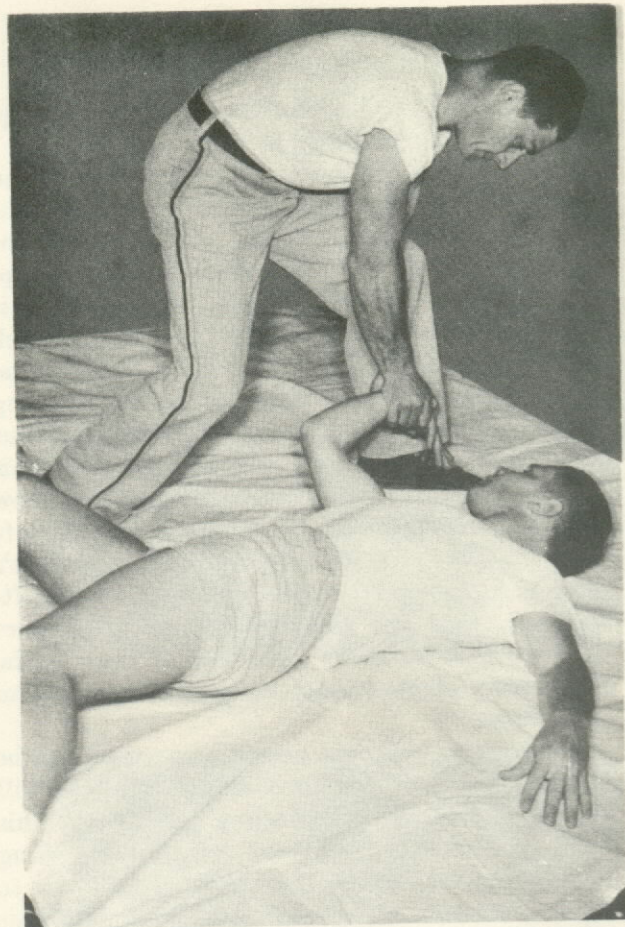


Figure 90.

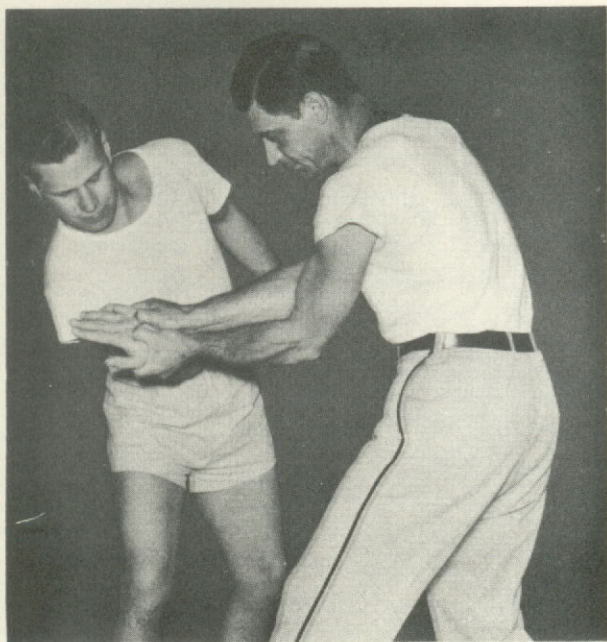


Figure 89.



Figure 91.

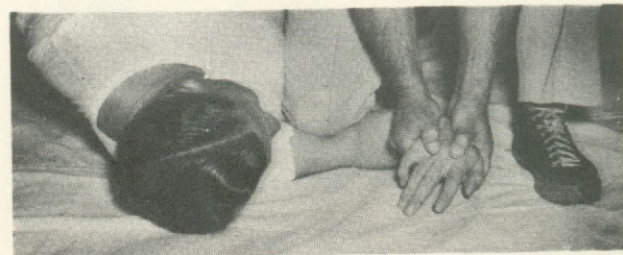


Figure 92.

2. Bar Hammer Lock

(a) From the front

SITUATION: You are standing facing opponent, slightly toward his right.

ACTION: Step forward with your left foot and grasp the top of his right arm directly above the elbow, with your right hand. At the same time place the outside of your left wrist against opponent's right forearm near his wrist, forcing it away from his body (fig. 93). Immediately jerk his arm toward you with your right hand as you force his forearm upward, and to the rear (causing his elbow to bend), with your left forearm. Your left hand is then passed over his elbow and his wrist is trapped in the crotch of your left elbow (fig. 94), as you execute a rear pivot on your left foot (fig. 95). To inflict punishment opponent's hand is forced up and away from his back by lifting with your left elbow as you exert pressure downward on his elbow with both of your hands. Opponent's elbow should be against or close to your chest.

By exerting sufficient pressure opponent can be taken to the floor (or his shoulder or elbow will be injured), either to a kneeling position with his head on the floor and your left knee pressing against the back of his right knee (fig. 96), or to a prone position with your right knee holding his elbow tightly against his body (fig. 97). Opponent can be easily restrained or handcuffed in either of these positions.

If it is desired to restrain opponent in a standing position, or if you want to lead him a short distance, you should grasp his left shoulder (or hair) with your right hand (fig. 98). **NOTE.**—In the event you neglect to grasp opponent's shoulder as illustrated in fig. 98, there is the possibility that opponent will escape from the hold and place you in an embarrassing position by executing the counter technique illustrated in figure 99 and figure 100.



Figure 93.



Figure 94.



Figure 95.



Figure 96.

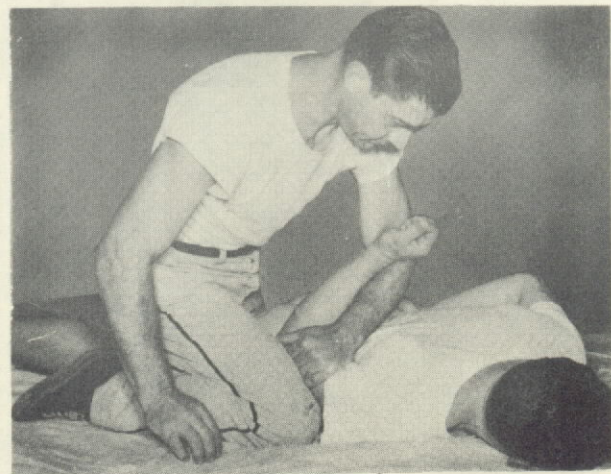


Figure 97.

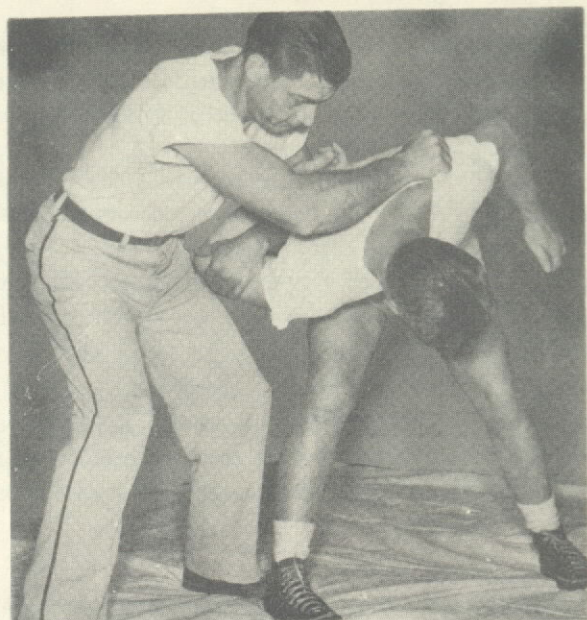


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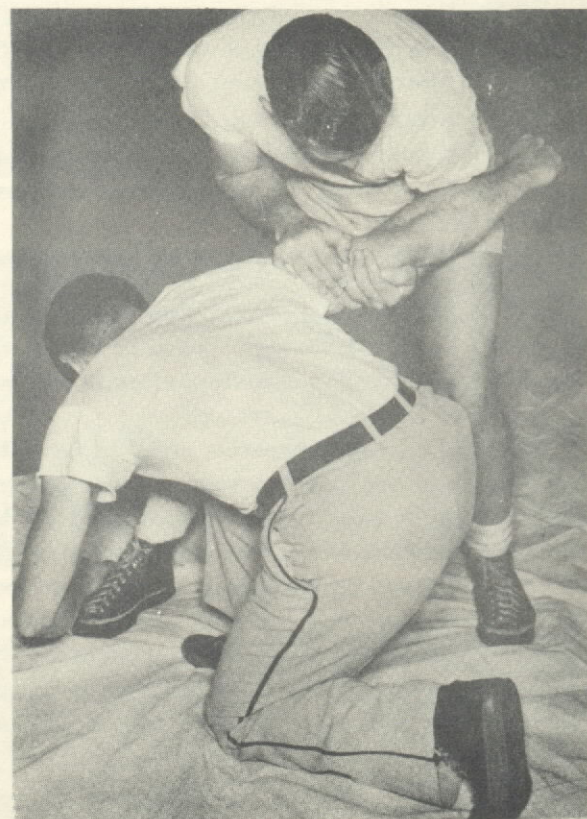


Figure 99.

(b) From the side

SITUATION: You are standing facing the same direction as your opponent with the left side of your body close to his right side. Your right foot is slightly in front of your left.

ACTION: Strike opponent's right forearm with the outside of your left forearm and at the same time turn your body to your left and grasp the top of his arm close to the elbow with your right hand (fig. 101). Immediately jerk opponent forward and toward you with your right hand and force his forearm backward and toward his left with your left forearm. Then pass your left hand over his elbow and trap his wrist in the crotch of your left elbow, ending in the same position as illustrated in fig. 95.

(c) From the rear

SITUATION: You are directly behind opponent and facing the same direction.

ACTION: Grasp opponent's right wrist with your right hand and pull his arm toward you. At the same time twist it toward the inside (fig. 102). Immediately strike the inside of his elbow with the heel of your left hand and force his forearm over your forearm (fig. 103). Trap his wrist in the crotch of your left elbow as you move in close to opponent, assuming the same position as illustrated in figure 95.

3. Hammer lock

SITUATION: You are standing facing your opponent, slightly to his right, when he moves his right arm forward in an apparent attempt to grab you.

ACTION: Grasp opponent's right wrist with your left hand and pull his arm upward and toward your left (fig. 104). Immediately strike and grasp his wrist with your right hand, driving his arm backward and upward, as you step forward and to your left, placing your right foot outside and slightly to the rear of opponent's right foot. You should maintain a tight grasp on opponent's wrist with both of your hands and his arm should be carried over your head (fig. 105).

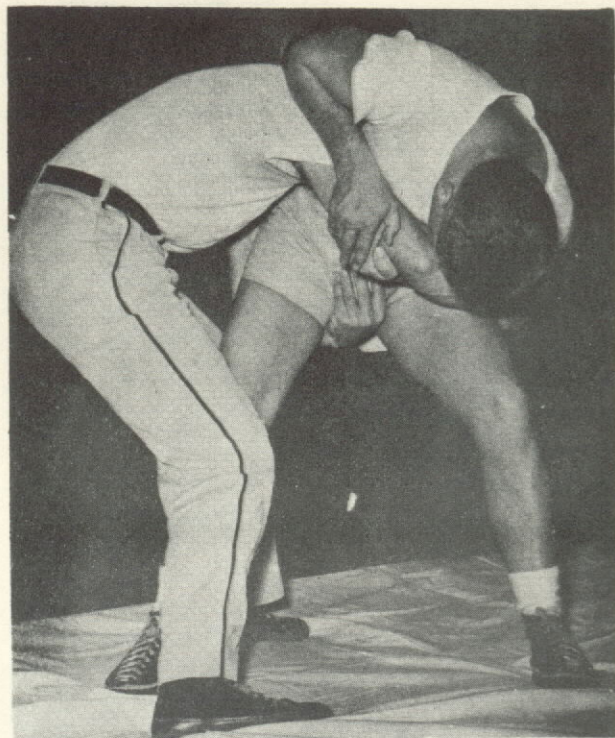


Figure 100.

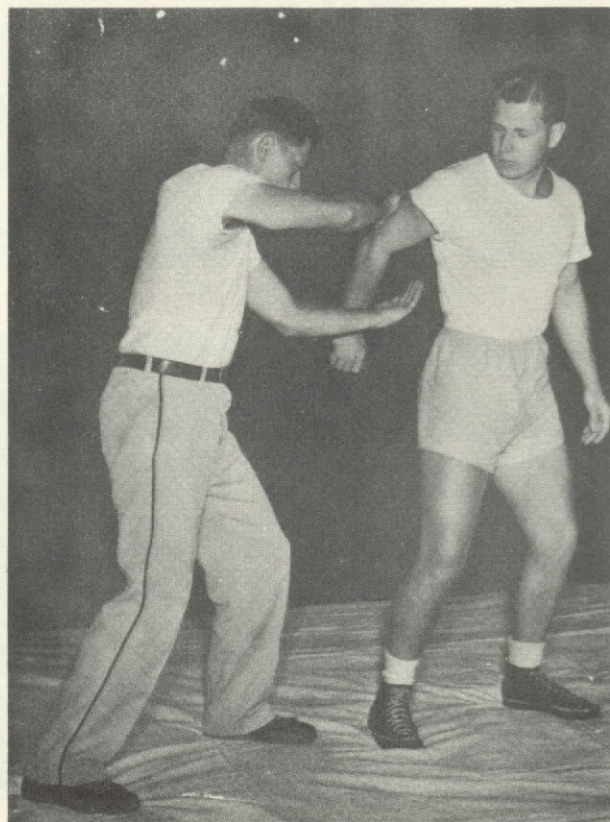


Figure 101.



Figure 102.



Figure 104.



Figure 103.

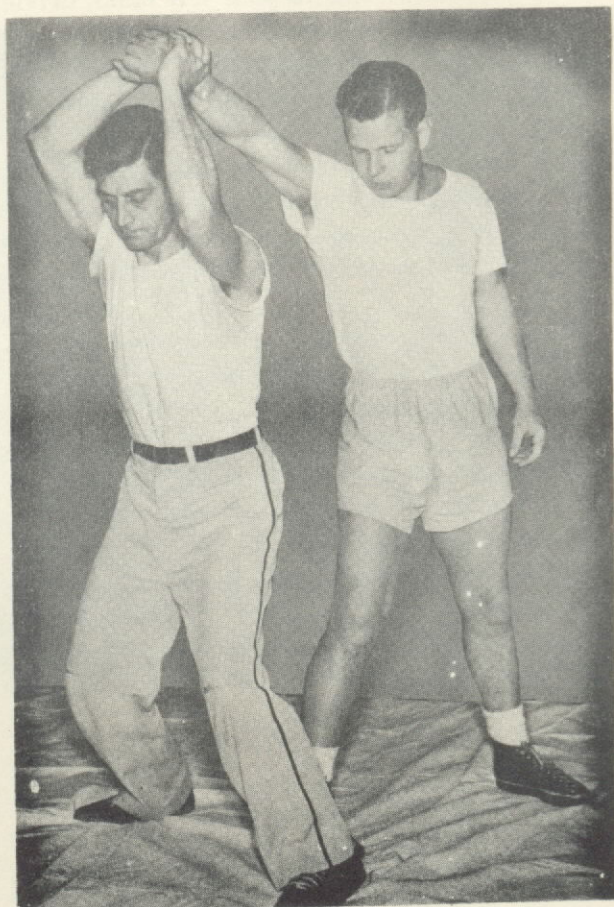


Figure 105.

Continue turning toward your left, moving your left foot to the rear of opponent, and at the same time whip his arm forcefully downward and carry his hand up his back (fig. 106). Adjust the grasp of your left hand so that your thumb is on the back of opponent's hand and shift your right hand to the outside of his elbow. Punishment is inflicted by bending his wrist as his hand is forced up and away from his back (fig. 107).

NOTE.—From the position illustrated in figure 107, a "bar hammer lock" (see fig. 95) can be applied by merely sliding your left hand between opponent's back and forearm, placing it over his elbow and at the same time trapping his wrist in the crotch of your elbow.

4. Arm break and throw

SITUATION: Same as in "G-3."

ACTION: Grasp opponent's right wrist with your right hand and pull his arm upward and toward your right (fig. 108). Immediately strike and grasp his wrist with your left hand, driving it upward and then over your head, as you step forward and toward your right with your left foot, pivoting on your right. By maintaining a tight grasp on opponent's wrist, his arm will be turned so that the palm of his hand is up and his elbow can be injured by bringing his arm sharply downward against your shoulder. The point of contact should be directly above opponent's elbow (fig. 109).

Continue twisting opponent's arm toward your right as you pull it forward, dragging him across your right leg (fig. 110).

It is also possible to execute a "palm-up flying mare" from the position illustrated in figure 109. After you have brought opponent's arm down sharply against your shoulder, pull it forward as you bend your trunk forward and at the same time bend your knees and shift your right hand from opponent's wrist to the outside of his elbow (fig. 111). Opponent is thrown over your right

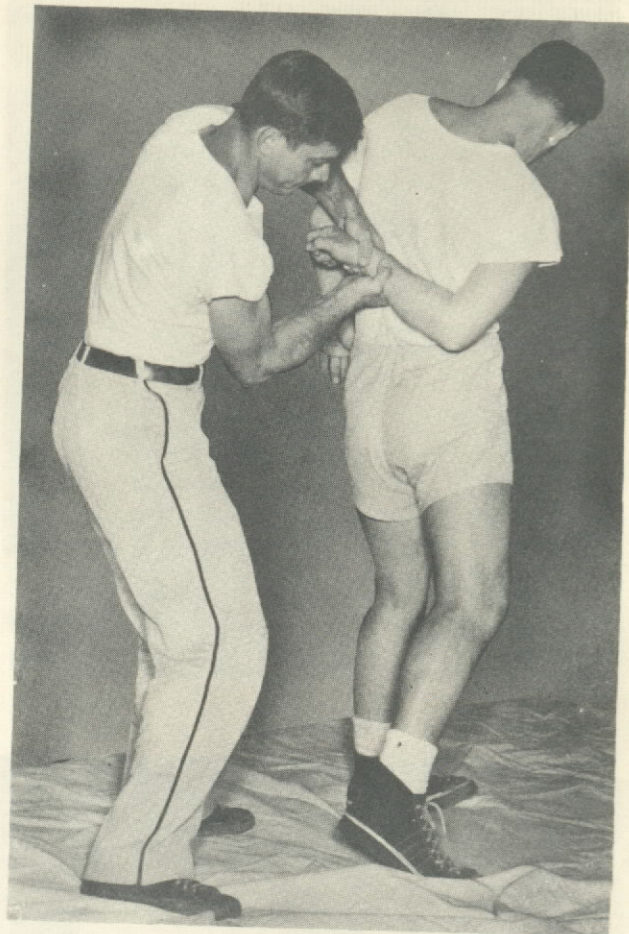


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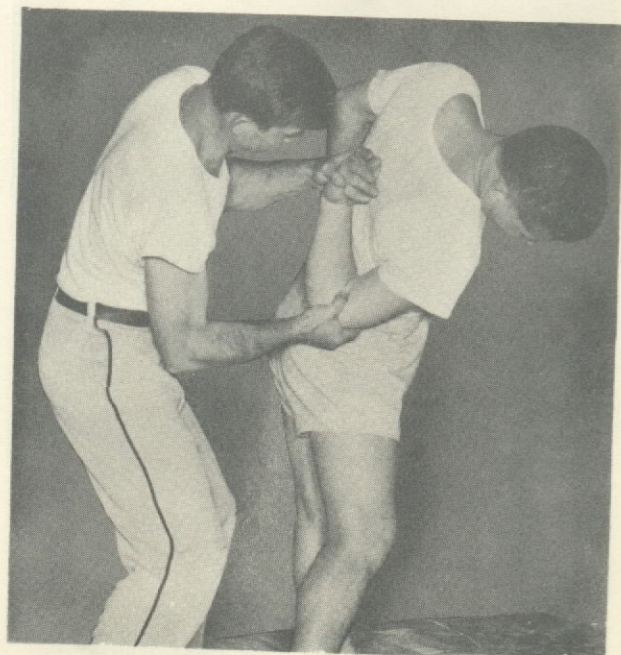


Figure 107.



Figure 108.

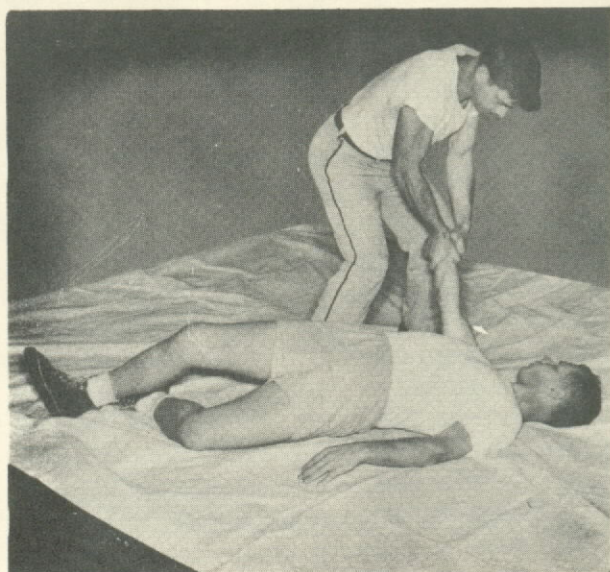


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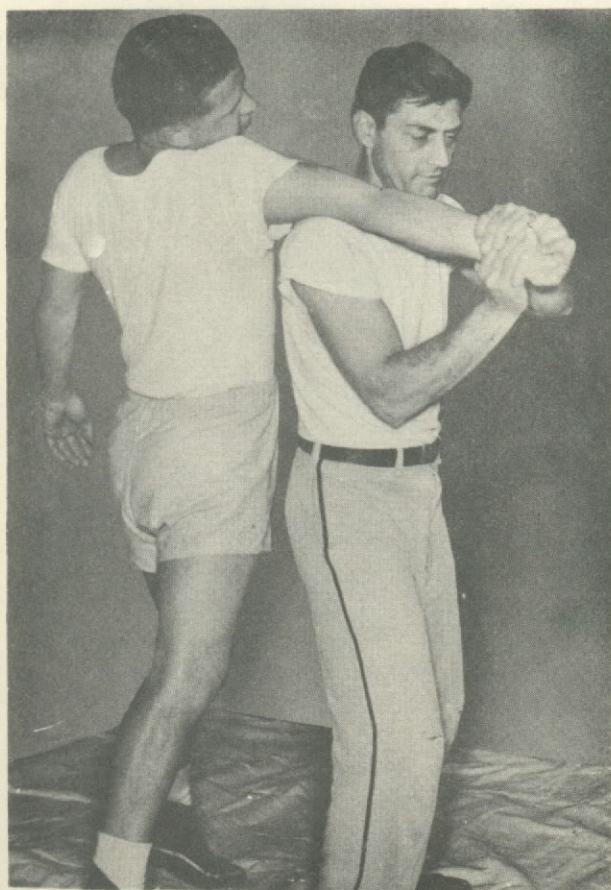


Figure 109.

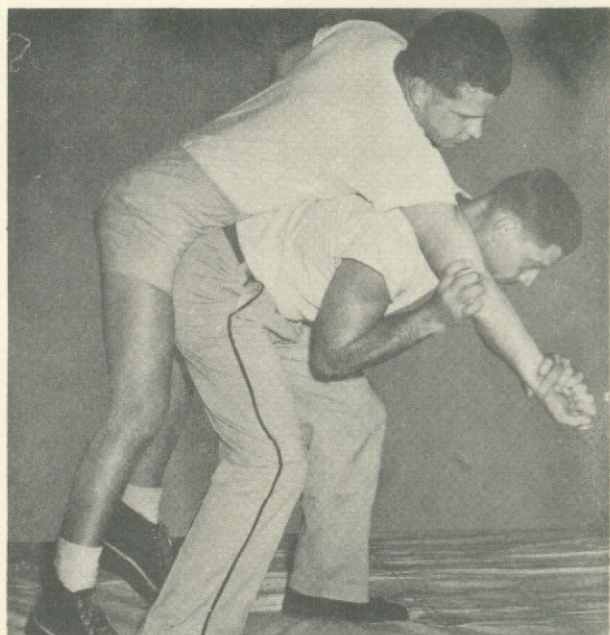


Figure 111.

hip to the floor by pulling forward with both of your arms as you twist your trunk vigorously toward your left and at the same time straighten both legs (fig. 112).

5. Arm Lock—Bent Arm

(a) Arm Lock.

1. Over arm.

SITUATION: You are standing facing your opponent and slightly toward his right.

ACTION: Grasp opponent's right wrist, slightly toward the inside, with your right hand and jerk him toward your right (fig. 113). Immediately, twist his arm so that the palm of his hand faces up, and at the same time step forward with your left foot as you pass your left arm over opponent's arm (fig. 114). Your left forearm is then placed under opponent's arm, directly above his elbow and you grasp the clothing high on your chest with your left hand. Pressure is applied down on his wrist as you continue to twist his arm toward you (fig. 115).

2. Under arm.

SITUATION: Same as 5 (a) 1.

ACTION: Same as 5(a)1, except that your left arm is passed under opponent's arm and your hand is placed inside his shirt or coat collar on his left side (fig. 116). Punishment is inflicted by exerting pressure downward on opponent's wrist as you twist his arm toward you, and by pressing the knuckles of your left hand firmly against his neck.

NOTE.—The "Arm Lock," described in (a) 1, is not a particularly effective hold against a stronger or taller opponent because it can be broken quite easily unless his arm is held securely and considerable pressure is continuously applied against his elbow. An effective counter against this type of arm lock is illustrated by figs. 117, 118, and 119.



Figure 112.

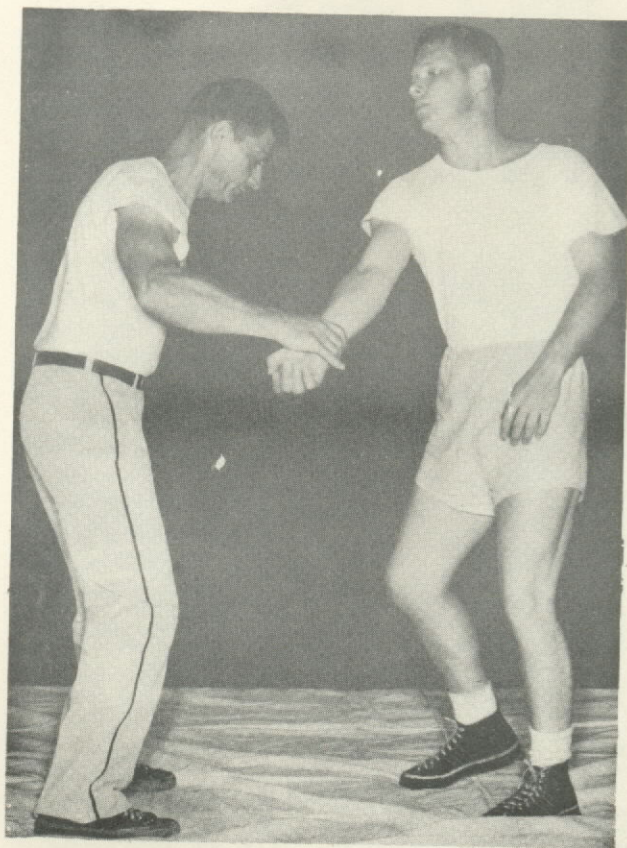


Figure 113.

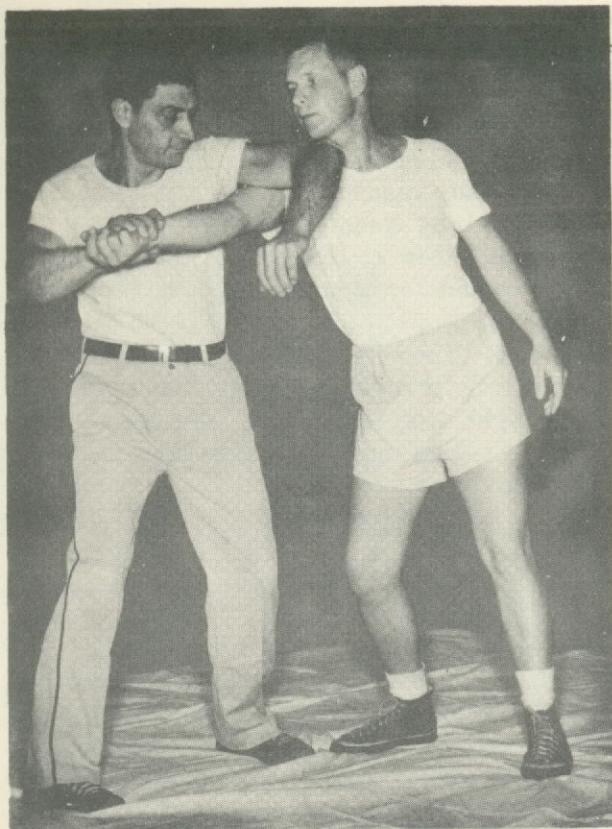


Figure 114.

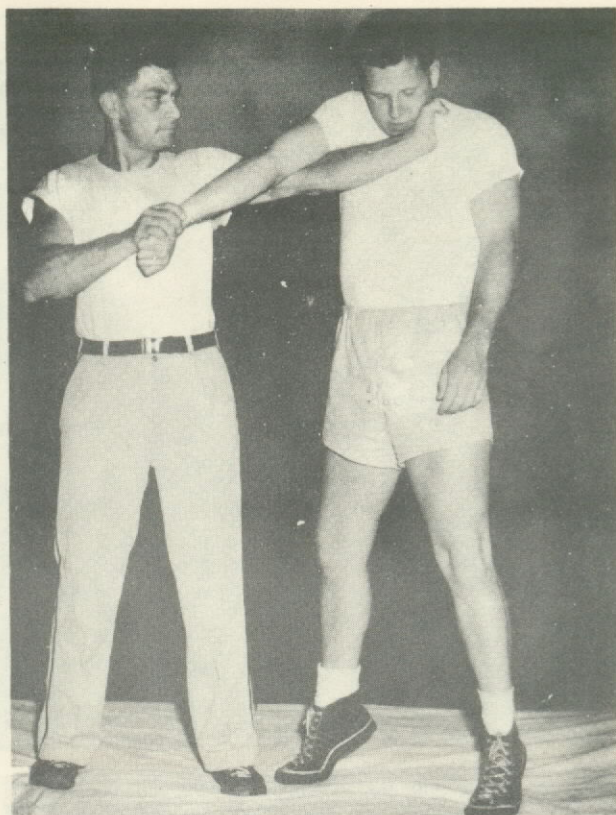


Figure 116.



Figure 115.



Figure 117.



Figure 118.

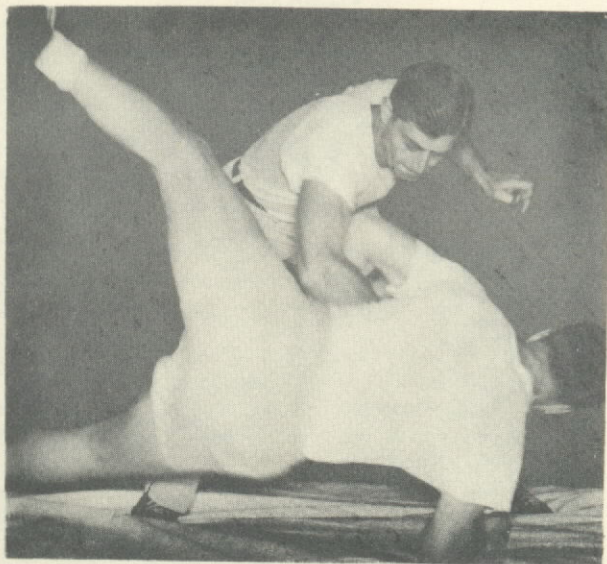


Figure 119.

(b) Bent Arm.

SITUATION: You attempt to apply the Arm Lock, described in (a) 1, but opponent immediately resists by jerking his arm toward his body, and you are unable to apply the hold.

ACTION: Abandon your original plan and immediately strike a sharp blow to the inside of

opponent's right elbow with the edge of your left hand (fig. 120). Immediately push opponent's hand up toward his right shoulder as you slip your left hand between opponent's arm and forearm, grasping your right wrist. (A blow to opponent's chin or Adam's apple can be struck with your right elbow at this time.) Exert pressure backward and downward on opponent's wrist and forward and upward on his elbow, bending him backward. Then step forward with your right foot, placing it directly behind and inside opponent's right foot (fig. 121). Continue to apply pressure, taking opponent to the floor over your right leg.

6. Arm drags and follow-ups

An "arm drag" is a quick jerk or pull on an opponent's arm for the purpose of temporarily destroying his balance so that a "restraining" hold may be applied or an effective counterattack executed. This technique is very effective in a situation where your opponent reaches out and attempts to grasp some part of your clothing. Consequently, it behooves the law-enforcement officer to be extremely alert when making contact with a person whom he is placing under arrest, so that the possibility of this type of maneuver being used against him is minimized.

(a) *Cross Drag (left to right)—Rear strangle lock.*

SITUATION: Opponent extends his right arm forward and attempts to grasp the clothing in the region of your chest.

ACTION: Grasp the outside of his right wrist or arm with your left hand and jerk it toward your right (fig. 122). Immediately step to the rear of your opponent with your left foot, and place your right forearm against the front of his throat as you strike a sharp blow in the region of his kidney with the heel of your left hand (fig. 123). Step forward

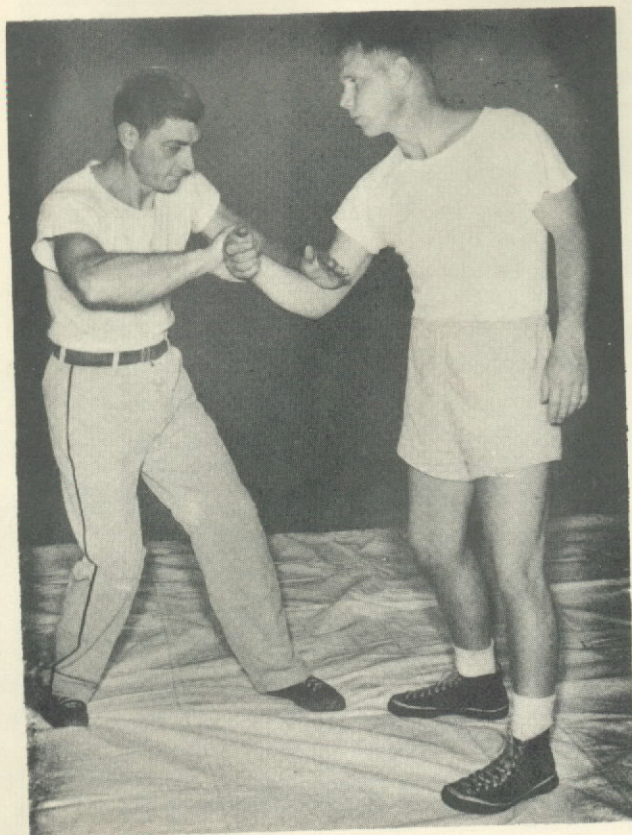


Figure 120.



Figure 121.



Figure 122.

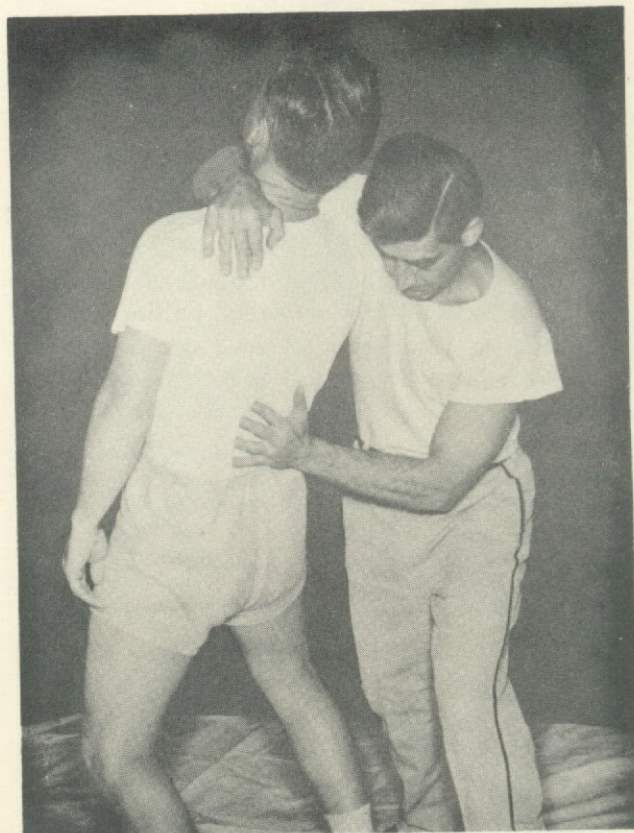


Figure 123.

with your right foot, placing it to the rear of opponent's left foot and at the same time grasp your right hand with your left hand and jerk opponent backward (fig. 124). Opponent can be held in this position until subdued (Warning: interference with the circulation of blood to his brain may cause him to "black out") or he can be taken to the floor where other techniques can be used to bring him under control.

(b) *Cross drag (right to right)—arm lock.*

SITUATION: Same as in 6 (a).

ACTION: Grasp opponent's right wrist with your right hand (thumb up) and jerk it toward your right (fig. 125). Follow-up with "arm lock" described in Section G-5 (a), and figures 114, 115, and 116.

(c) *Straight drag (left to right)—flying mare.*

SITUATION: Opponent reaches out with his right hand and attempts to grasp the clothing in the region of your left shoulder.

ACTION: Grasp opponent's right wrist with your left hand (thumb down) and jerk him forward and to your left. (fig. 126). Immediately step forward and toward your left with your right foot and at same time grasp his arm with your right hand. Your knees should be bent and your buttocks should be against opponent, slightly below his midsection (fig. 127). Opponent is thrown over your right hip or shoulder by pulling forward with both of your arms as you twist your trunk vigorously toward your left and at the same time straighten both legs (see fig. 112).

NOTICE.—It is to be understood, of course, that the techniques set forth above represent only a few of the many holds and throws, that can be effectively applied as a "follow-up" to an "arm drag."

7. Take downs

(a) *Shoulder to knee—jerk ankle*

SITUATION: In the course of a struggle, you are close to your opponent and you decide that it will be to your advantage to take him to the floor.

ACTION: Knock his arms free as you drop suddenly to your knees, grasping his left ankle with your hands and placing your left shoulder against his leg, directly below the knee cap (fig. 128). Immediately jerk his ankle toward you (or hold his foot stationary), as you push forward and toward your right with your shoulder (fig. 129). Move



Figure 124.

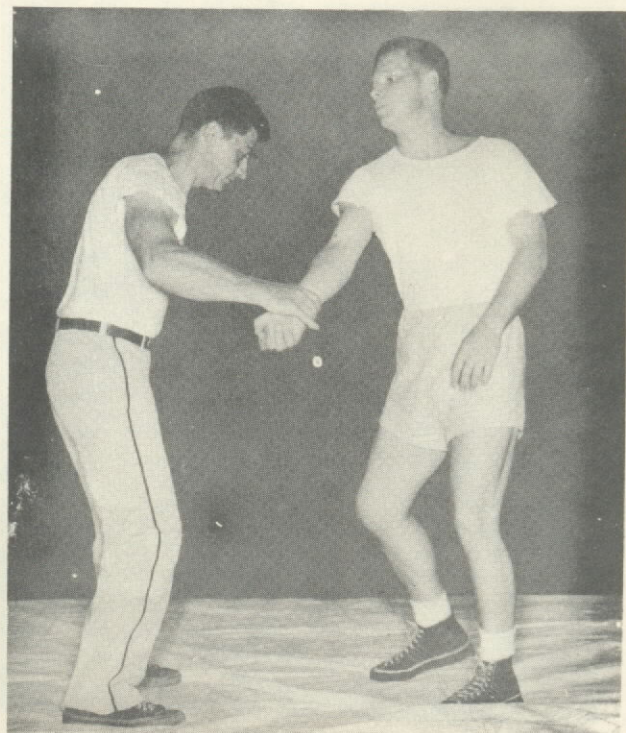


Figure 125.

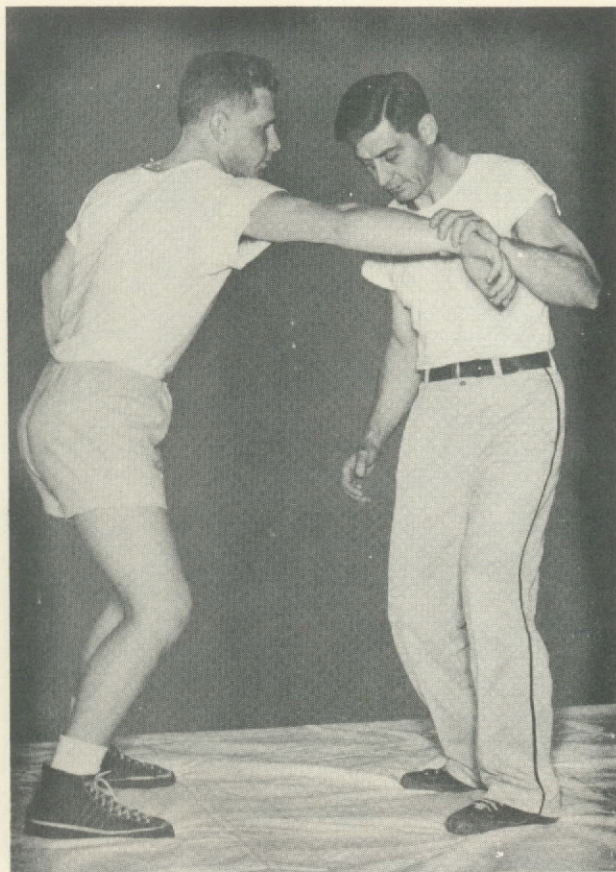


Figure 126.

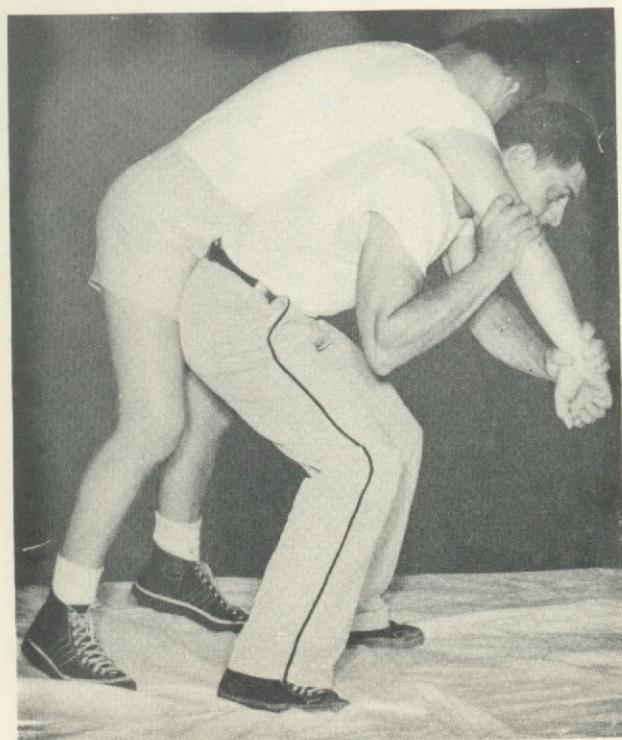


Figure 127.

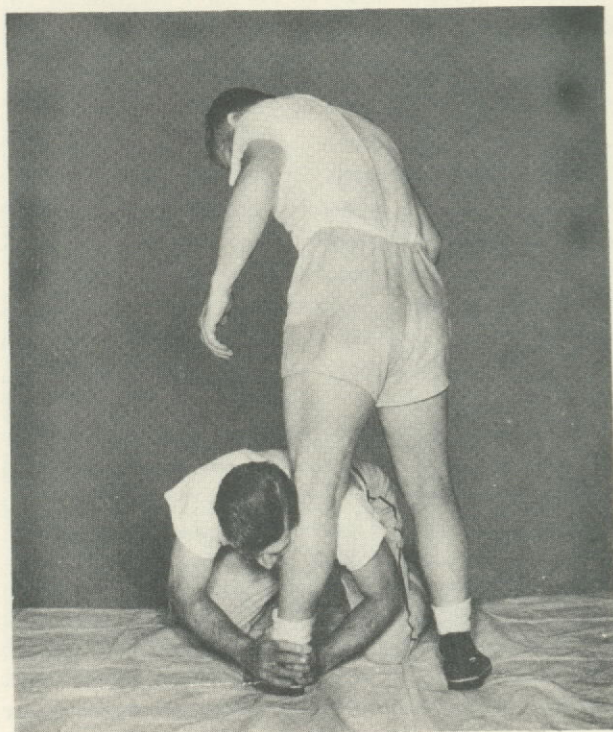


Figure 128.

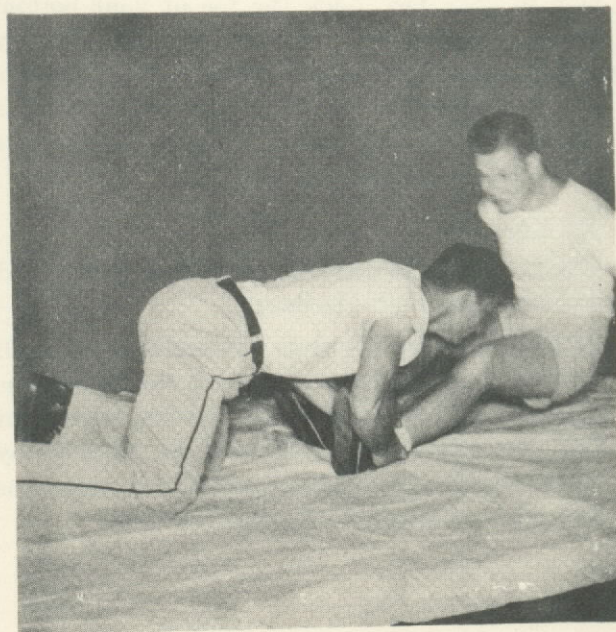


Figure 129.

forward quickly and strike a blow or apply a restraining hold. (It is to be noted that this technique can also be used when you are attacked while on the floor.) (See "F-10 (f) 2".)

(b) Double leg tackle

SITUATION: Same as "7 (a)."

ACTION: Drop down suddenly to your right knee and encircle both of opponents' legs at the knees with your arms. Your head should be placed outside opponents' right leg and your right shoulder should be against his thighs (fig. 130). Opponents' knees are then pulled downward and inward and he is taken to the floor by forcing him backward and slightly toward your right (fig. 131).

Note: It is imperative that you be close to your opponent when you attempt to take him down with a "leg tackle." Otherwise, you afford him the opportunity of executing a counter maneuver. (See "F-11 (a) (b) and (c).")

(c) Toe behind foot—kick knee

SITUATION: Opponent has knocked you to the floor and moves in to inflict further punishment before you have time to roll away or regain your feet.

ACTION: Immediately roll so that you will be on your side, facing your opponent and at the same time bring your legs up, bending your knees (fig. 132). As opponent steps in, placing his foot close to your feet, hook the toe of your bottom foot behind his heel and kick his leg, directly below, and slightly to the inside of his knee-cap, with your top foot (fig. 133). Immediately come to your feet and follow up with an appropriate blow or restraining hold.

(d) Knee kick

SITUATION: You are behind your opponent and desire to take him to the floor.

ACTION: Grasp his arms or shoulders and pull downward and backward and at the same time kick the back of his right knee with your right foot (fig. 134). Slam opponent to the floor by continuing the pull on his arms or shoulders as you step backward and toward your left.



Figure 130.



Figure 131.



Figure 132.

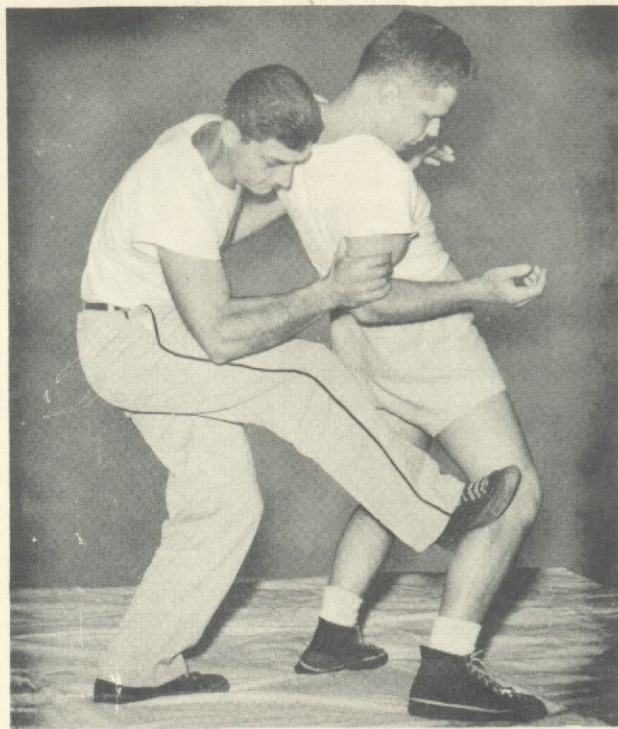


Figure 134.

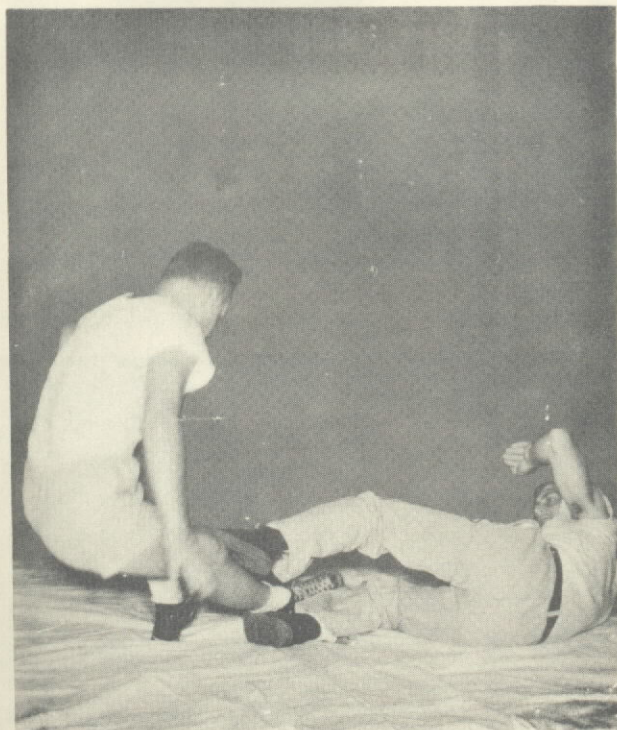


Figure 133.

Notes

H. DEFENSES AGAINST KNIFE

General Suggestions

1. *Get out of reach*

Defending yourself against an opponent who attacks you with a knife is both difficult and dangerous. Such an encounter should be avoided if at all possible; if one appears imminent, a "strategic retreat" could easily be considered judicious. Consequently, your first consideration should be to "get out of reach."

2. *Use any weapon available*

Your next consideration should be the utilization of any weapon available at the time you are attacked. A handful of dirt or gravel, a book end, a handkerchief, or your own hat thrown at the face of your opponent might serve to confuse him sufficiently to allow you to move in and deliver an effective blow or kick. Along the same line, a club (figs. 135, 136, and 137) or a chair (fig. 138) when properly used will have a tendency to equalize your opponent's advantage.

In the event the situation is such that you cannot resort to use of either suggestion, and you are forced to protect yourself with only your "personal weapons," the methods set out below should prove helpful.

1. *Downward Thrust*

(a) *Grasp and "bent arm"*

SITUATION: Opponent attacks with a knife, attempting a downward thrust.

ACTION: Step in quickly with your left foot and block the thrust close to his wrist with a V formed with the hands by placing the right thumb on the left index finger and the left thumb under the right index finger (fig. 139). Grasp opponent's wrist with both of your hands and force his hand backward. Immediately release your right hand, pass it under opponent's arm and place it on the top of his right wrist. Opponent is bent backwards by applying pressure down on his wrist and up on his arm (fig. 140). Continue to apply pressure as you place your right foot behind and inside the opponent's right foot and take him to the floor over your right leg (fig. 141).

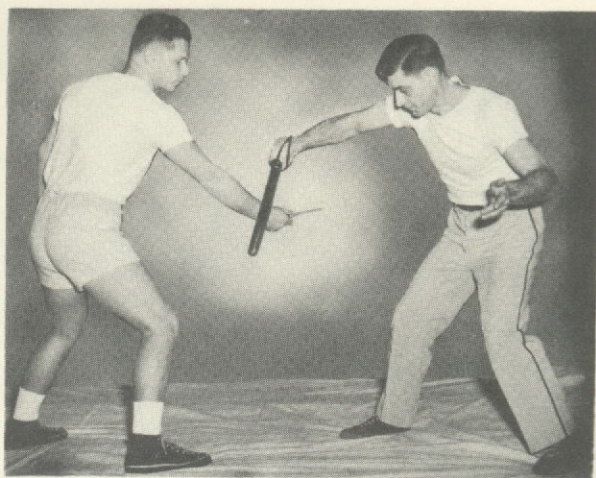


Figure 135.



Figure 136.

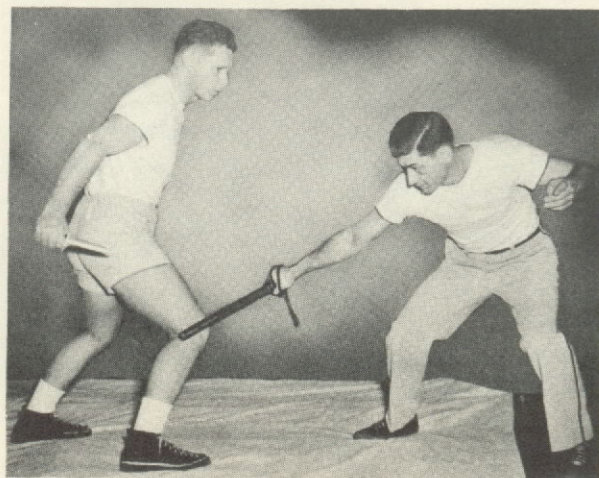


Figure 137.

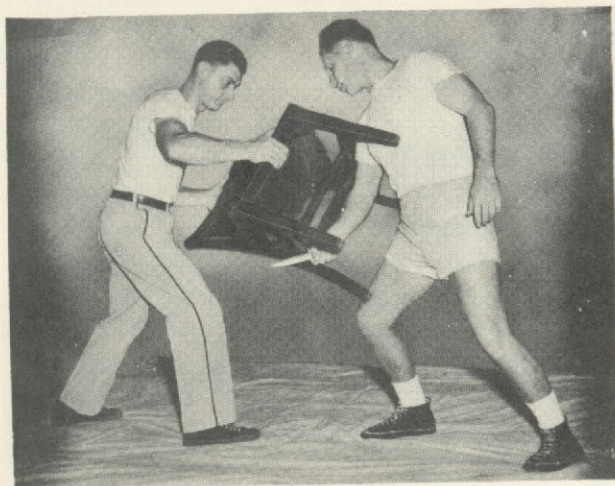


Figure 138.

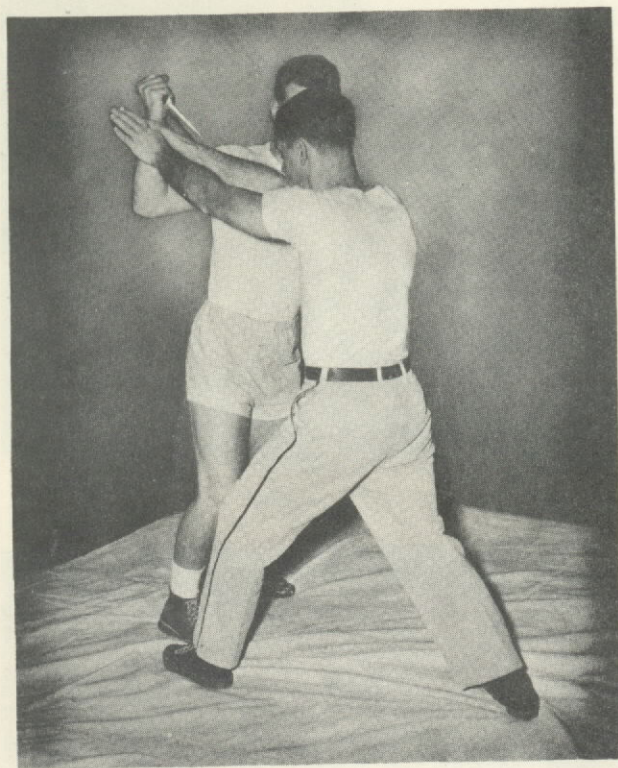


Figure 139.



Figure 140.



Figure 141.

(b) Grasp and step across body

SITUATION: Same as 1 (a).

ACTION: Step forward with your left foot and block the thrust with the V formed with your hands (see fig. 139). Immediately grasp opponent's wrist tightly and carry his arm toward the inside as you step across his body toward your right with your left foot. At the same time turn his arm clockwise so that the palm of his hand will face up and pull him forward so that his elbow will be directly in front of your arm pit. By leaning backward and downward on opponent's elbow as you push his hand sharply upward, his elbow will be injured and he will be forced to release his grip on the knife (fig. 142). Note: If you attempt to apply the technique described in 1 (a) and you are unable to force opponent's hand backward, an immediate shift to the method described in 1 (b) should bring favorable results.

2. Upward Thrust

(a) Grasp and hammer lock

SITUATION: Opponent attacks with a knife, attempting an upward thrust.

ACTION: Step in and block the thrust with the V formed with your hands and immediately grasp his wrist (fig. 143). Relieve opponent of knife by applying a "hammer lock" (Fig. 144, 145, and 146—See G-3 for detailed explanation.)

(b) Grasp and arm break and throw

SITUATION: Same as 2 (a).

ACTION: Block the thrust (see fig. 143) and follow up with "arm break and throw." (Fig. 147—See G-4 for detailed explanation and additional photographs.)

In the event you get your shoulder in front of opponent's elbow and he bends his arm so that you cannot hurt his elbow by jerking downward on his wrist (fig. 148), immediately twist toward your right and go into a "bent arm" hold. (Fig. 149) Also see H-1 (a)

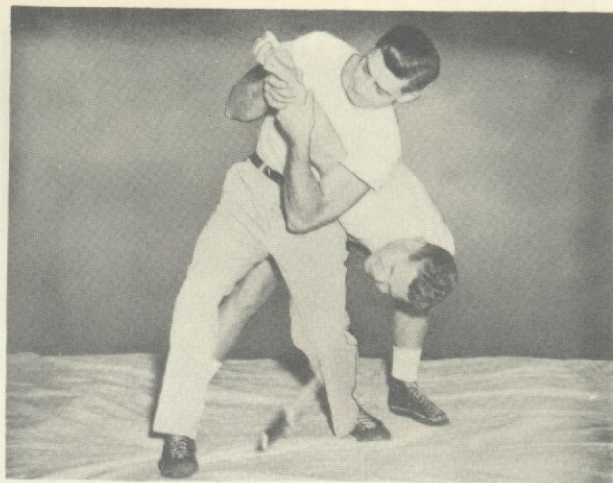


Figure 142.

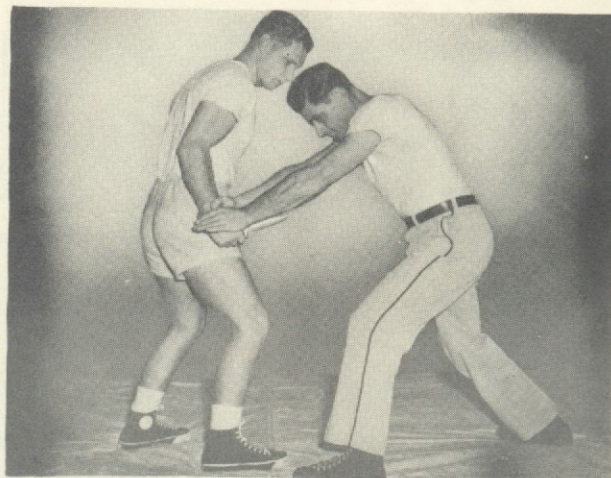


Figure 143.

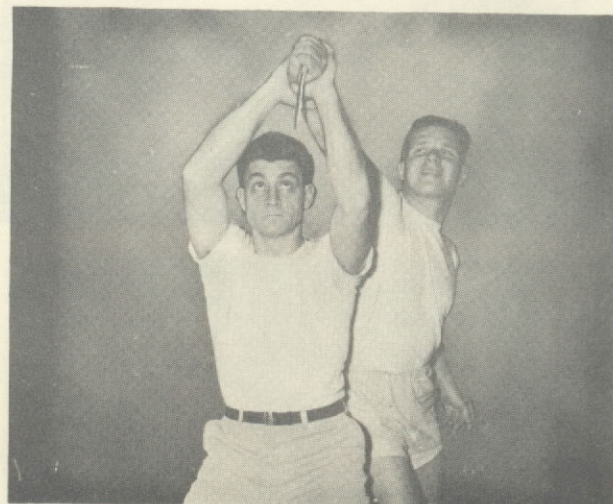


Figure 144.

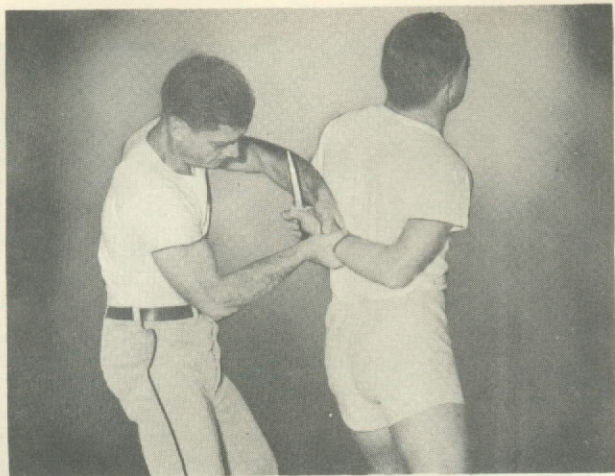


Figure 145.



Figure 146.



Figure 147.

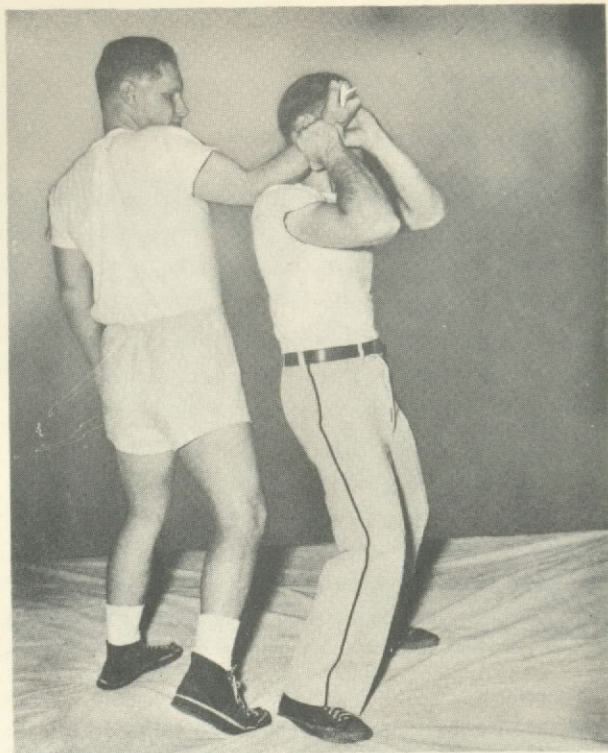


Figure 148.

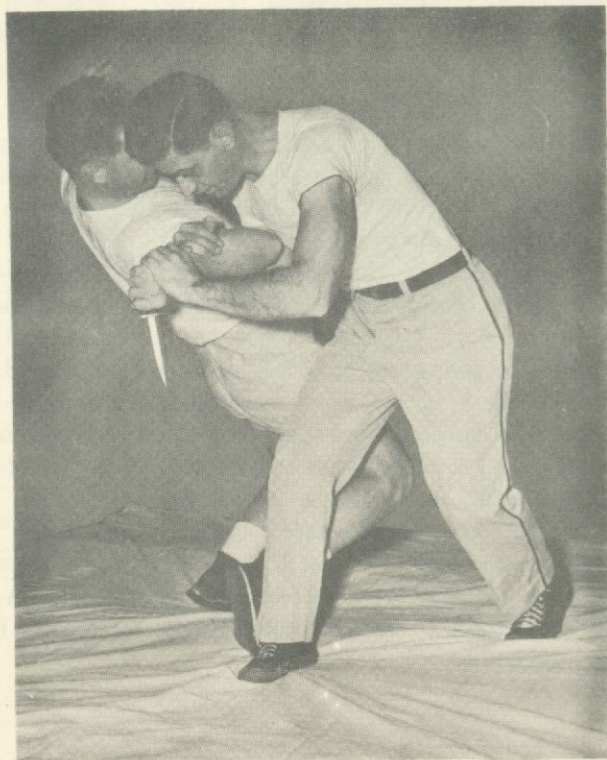


Figure 149.

3. Sideward Thrust

(a) Grasp and step across body

SITUATION: Opponent attacks with a knife, attempting a sideward thrust.

ACTION: Step in with your left foot, block the thrust close to his wrist with the V formed with your hands, and immediately grasp his wrist tightly (fig. 150). Force his arm upward and toward his left, as you step across his body toward his left with your left foot, executing the technique described fully in H-1 (b), (fig. 151). (Throwing your hip hard against opponent's midsection will help considerably in the successful execution of this technique.)

NOTE.—Consideration should always be given to the use of your personal weapons to strike blows when defending against any type of a knife attack. For example, in the above situation, once you have gained control of the hand holding the knife, it might be advisable to release your right hand momentarily to strike an "edge-of-hand" blow to the side of opponent's neck (fig. 152). Also, a "knee lift" to opponent's groin or a "kick" to his shin could be instrumental in bringing him under control.

(b) Grasp and wrist throw

SITUATION: Same as 3 (a), except thrust is made from left side of opponent's body (fig. 153).

ACTION: Step forward and toward your left with your left foot, block the thrust close to opponent's wrist with the V formed with your hands, and immediately grasp his wrist tightly (fig. 154). (If you block the thrust high on opponent's forearm, allow your hands to slip to his wrist before tightening your grasp. Also, your right thumb should be placed on the back of opponent's hand, if possible.) Quickly carry opponent's arm upward and toward his right, as you twist his arm and wrist counterclockwise, executing a "wrist-throw" (fig. 155). (Also, see G-1.)

If you attempt to execute the "wrist throw" described above, and you are unable to force your opponent's arm upward and backward, an immediate shift to the technique described in 3 (a) is advisable.

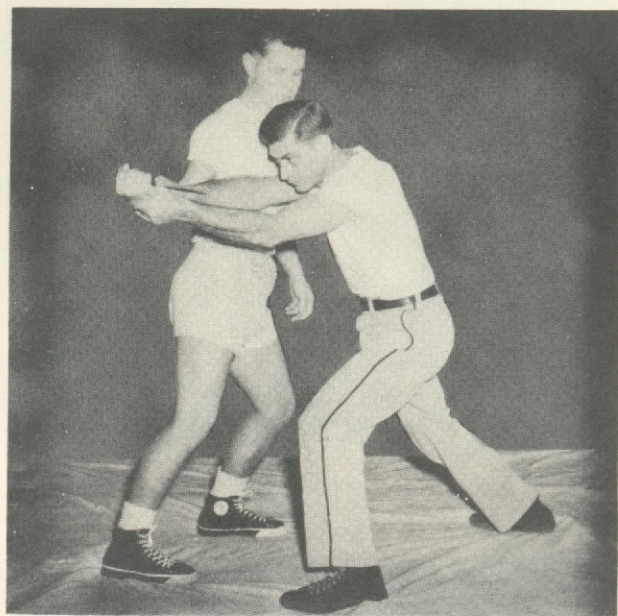


Figure 150.



Figure 151.



Figure 152.



Figure 153.

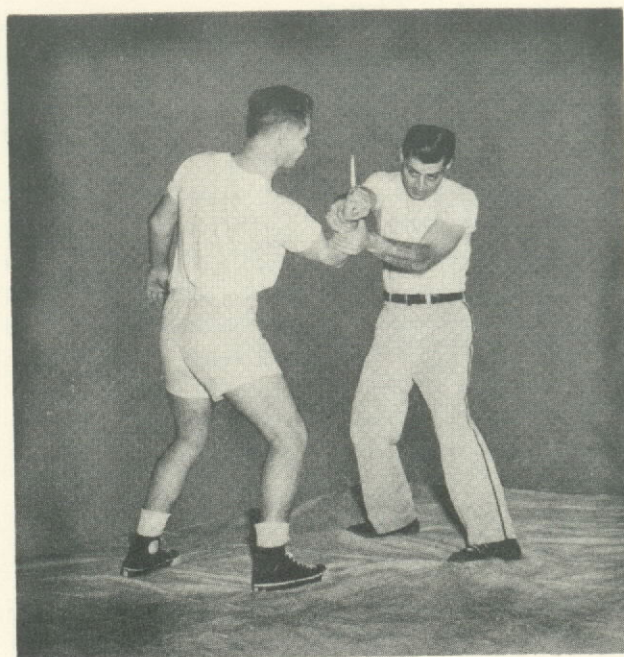


Figure 155.

Notes

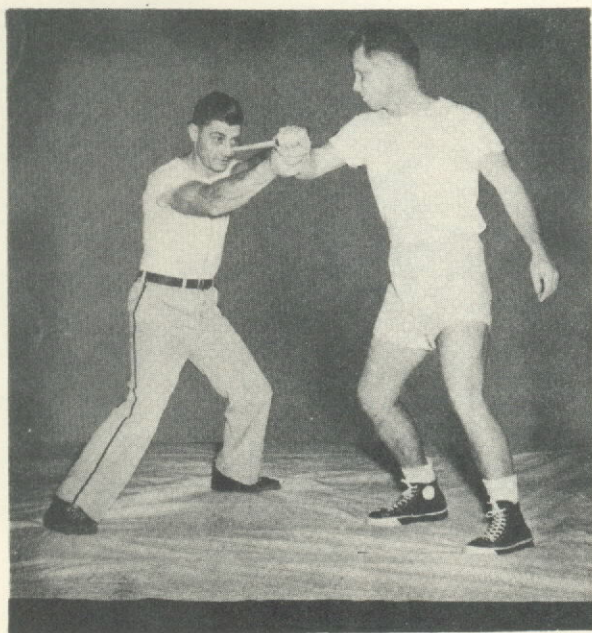


Figure 154.

4. Straight-in Thrust

(a) Grasp and wrist throw

SITUATION: Opponent attacks with a knife, attempting a straight-in thrust.

ACTION: Grasp opponent's wrist with your left hand, thumb down, and at the same time twist your body toward your right (fig. 156). (An alternate maneuver is to parry the thrust with your forearm and then immediately grasp his wrist (fig. 157). Grasp his hand quickly with your left hand (fig. 158), and bring him under control with a "wrist throw." (See G-1 for detailed explanation.)

(b) Grasp and step across body

SITUATION: Same as 4 (a).

ACTION: Grasp opponent's wrist with your left hand, thumb down, and at the same time twist your body toward your right. (See fig. 156.) Immediately grasp the back of opponent's hand, near the wrist, with your right hand, thumb up, as you step across the front of his body with your left foot, executing the technique described fully in H-1 (b). (Also see fig. 151.)



Figure 156.

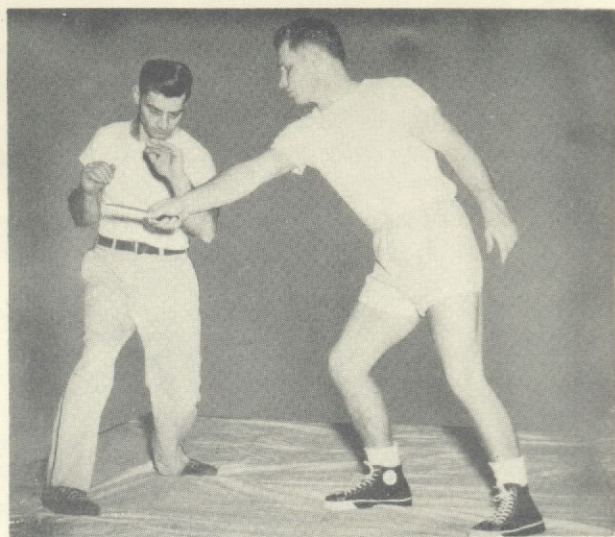


Figure 157.



Figure 158.

I. PERTINENT POLICE TECHNIQUES

1. Come-along holds

A "come-along" hold is considered a "restraining" or "controlling" hold rather than a "subduing" hold, and must be applied quickly before your adversary realizes what is happening, or after he has been subdued by some other means. This type of hold is primarily devised to assure maintaining the custody of the person being arrested, and at the same time afford the officer a maximum of protection, in situations where it is necessary to lead the person involved a short distance.

(a) *Belt and arm—with "knee kick" take down.*—Grasp adversary's right arm directly above the elbow with your right hand and his belt and trousers at the middle of his back (or the seat of his pants) with your left hand. Twist and lift upward with your left hand and push him forward (fig. 159). If adversary resists, take him to the floor with a "knee kick" take down (fig. 160). (Also see G-7 (d), fig. 134.)

Notes

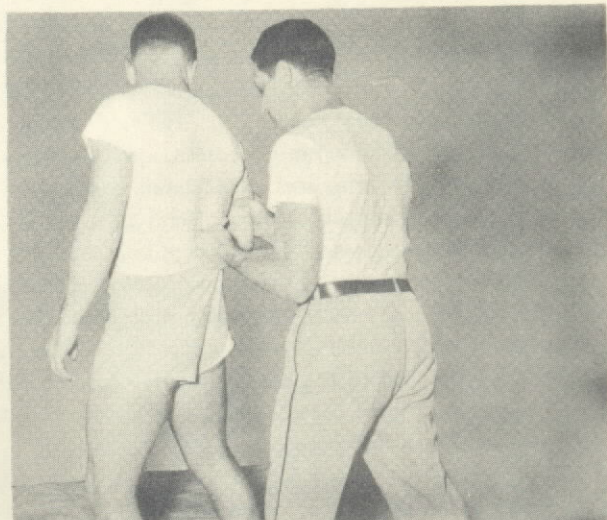


Figure 159.

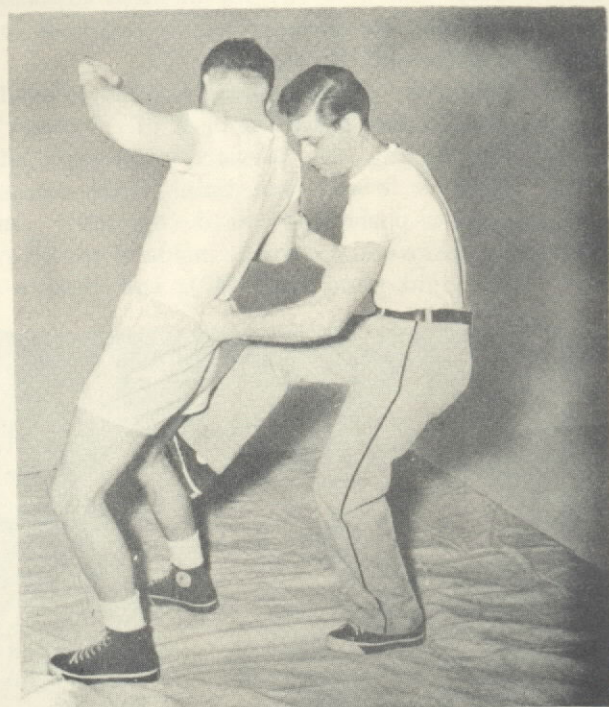


Figure 160.

(b) *Arm and wrist—with “bent wrist,” “bent arm,” or “bar hammer lock.”*—Grasp adversary’s right wrist with your right hand (thumb on the inside of the wrist and fingers across the back of his hand) and his right arm directly above the elbow with your left hand (fig. 161), and push him forward. If adversary resists, apply a “bent wrist” hold by forcing his hand back toward his forearm as you raise his hand until his forearm is parallel to the floor. Pull his elbow tight to your body (fig. 162). Then pass your left arm between adversary’s arm and body and place your left hand over the back of his hand. (The fingers of your left hand are slipped under those of your right hand and your left thumb is placed against the inside of adversary’s wrist.) Adversary’s elbow must be held securely between your left arm and body, directly below your arm pit. Pain is inflicted by forcing the hand back toward the forearm and by twisting it toward you (fig. 163).

Alternate follow-ups are the “bent arm” (figs. 164 and 165—See G-5 (b) for detailed explanation), and the “bar hammer lock”—See G-2 (c) for description and illustration.

(c) *Platform.*—Form a platform with your left hand, palm up, and grasp the back of adversary’s right hand as you step forward with your left foot. His wrist is bent immediately upon contact and his arm is pushed backward (fig. 166). Immediately strike and grasp the inside of his elbow with your right hand (fig. 167), and execute a



Figure 161.

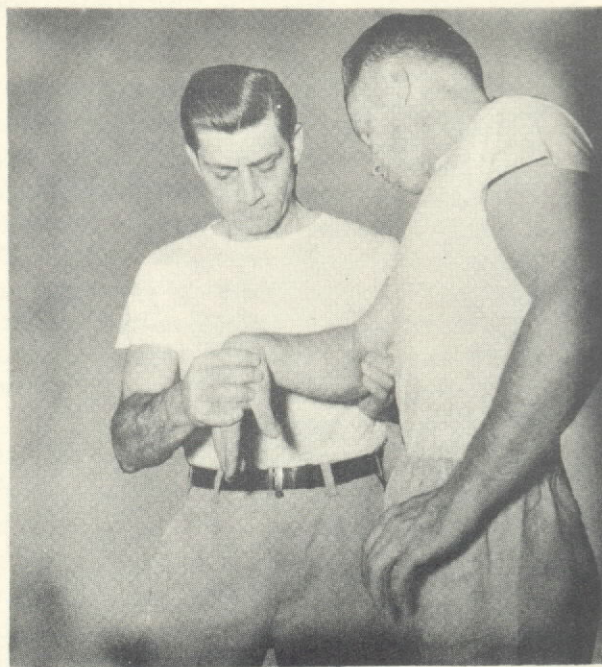


Figure 162.

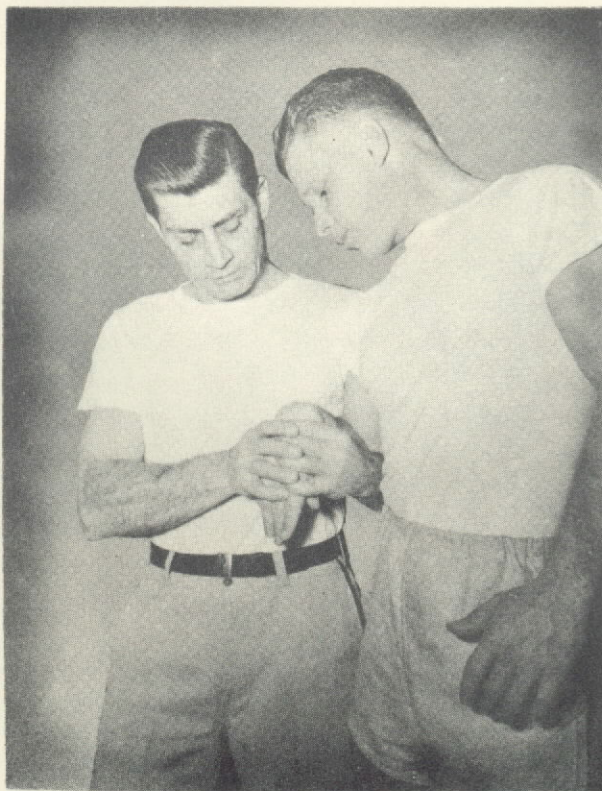


Figure 163.

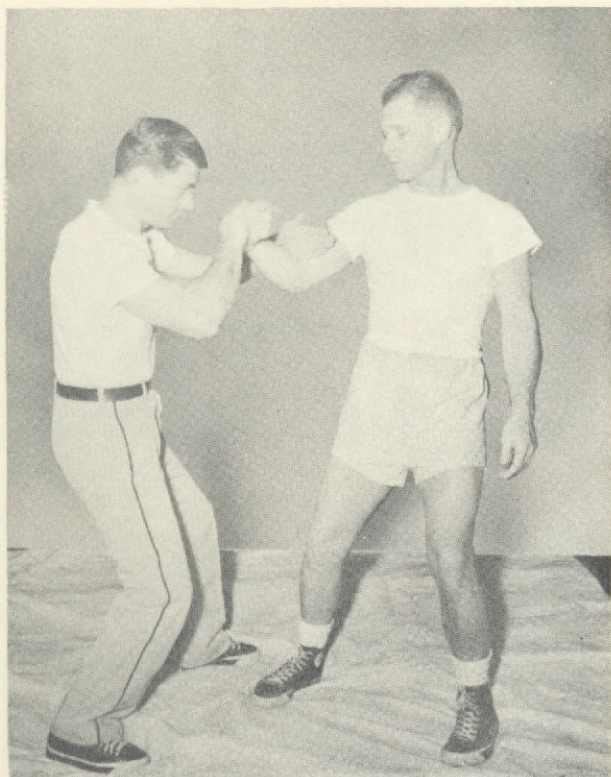


Figure 164.

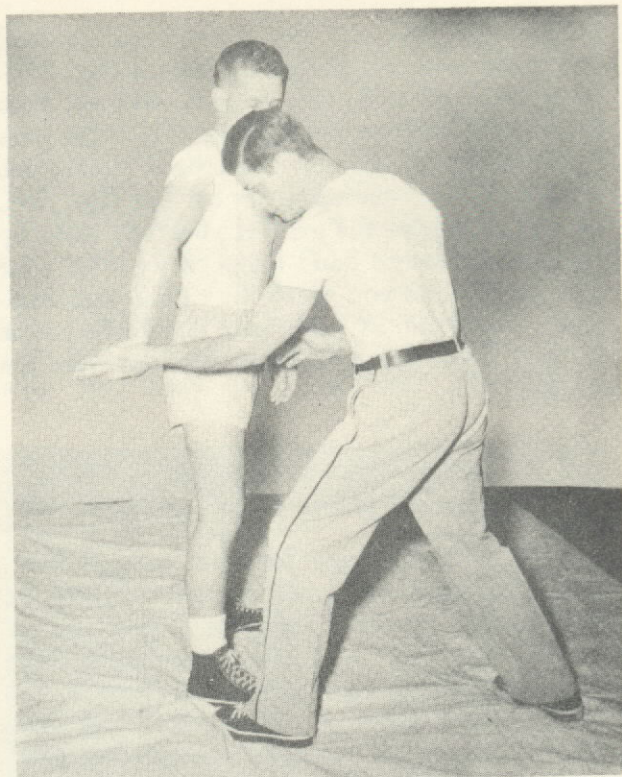


Figure 166.



Figure 165.

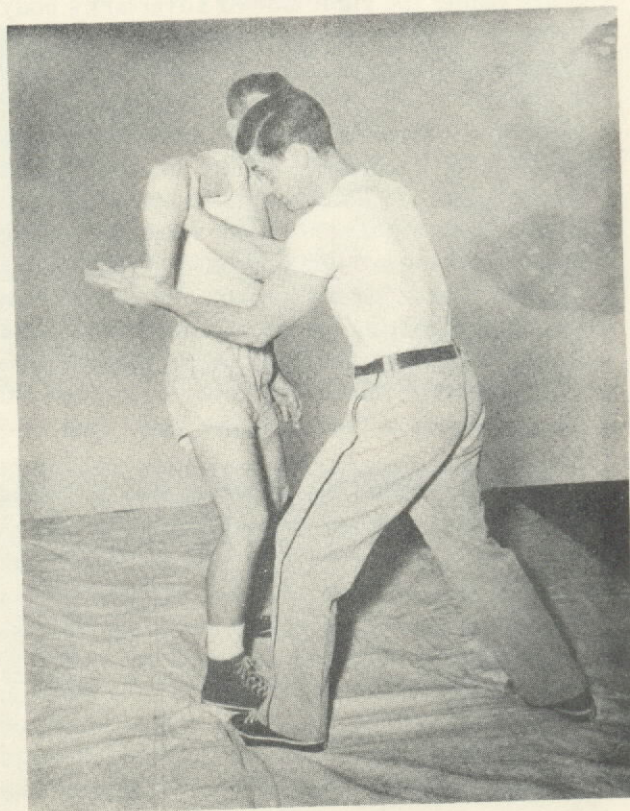


Figure 167.

rear pivot on your left foot as you turn his hand toward his body and jerk him forward (fig. 168). Adversary's elbow is then forced between your left arm and body and is held securely while pain is inflicted by forcing his hand back toward his forearm and by twisting it toward you (fig. 169). (You can improve the grip of your left hand by holding adversary's hand temporarily with your right hand while you grasp his thumb and forefinger. The palm of your hand should be across the back of adversary's hand and not over his fingers.)

(d) Reverse wrist lock—thumb and forefinger.

Step in with your right foot and grasp adversary's right hand with your right hand, placing your thumb on the back and your fingers around the little finger edge (fig. 170). Immediately sling adversary's hand upward as you step forward and toward your left with your left foot. You then grasp his hand with your left hand, placing your thumb on the back and your fingers in the palm, and move your right foot toward the rear so that you are facing the right side of adversary's body. Pain is inflicted by forcing his hand back toward his forearm and by twisting it toward your right (fig. 171).

Caution: Adversary's arm should be kept straight and his hand should be held about shoulder high. If he attempts to break the hold by bending his right elbow as he turns toward his left, jerk him toward you and move to your right, away from his left arm, as you continue to hurt his wrist by applying pressure as described above. Or, if he succeeds in bending his right elbow, you can immediately release the hold with your left hand and apply a "bar hammer lock" (see G-2 (c)).

Immediately insert the thumb of your left hand between adversary's index and middle fingers and obtain a firm hold on his thumb and forefinger and grasp the inside of his elbow with your right hand as you turn his hand toward his body (fig. 172). Continue turning adversary's hand as you pull his elbow into your arm pit. His elbow is held securely between your left arm and body and pain is inflicted by forcing his hand back toward his forearm and by twisting it toward you (fig. 173).



Figure 168.



Figure 169.



Figure 170.



Figure 171.

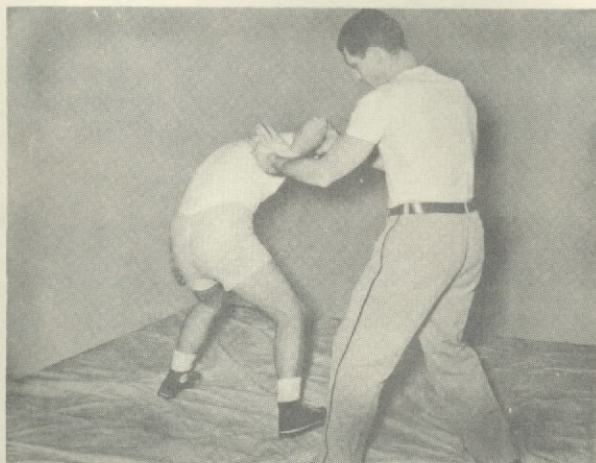


Figure 172.

(e) *Finger lock*

1. *Left hand*

Grasp the fingers (one, two, or all) of adver-

sary's right hand with your left hand. Immediately turn his hand inward and raise it to shoulder level as you bend his fingers back toward his elbow. The palm of your hand should be against the back of his fingers and if all his fingers are included in your initial grasp, the fore and little fingers should be allowed to slip free as soon as the hand is raised (fig. 174). Then step toward adversary, keeping his arm extended, and turn slightly toward your right as you reach over your left arm and grasp the inside of his elbow with your right hand (fig. 175). Immediately



Figure 173.

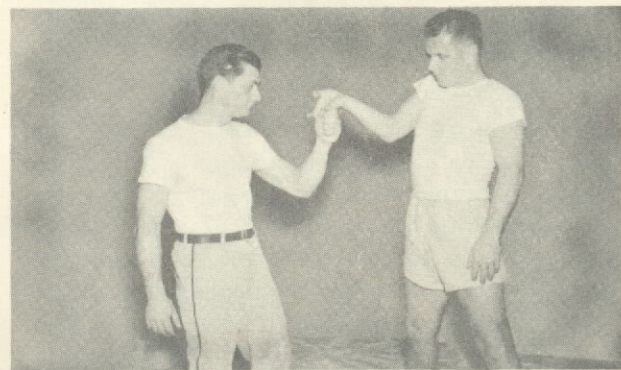


Figure 174.

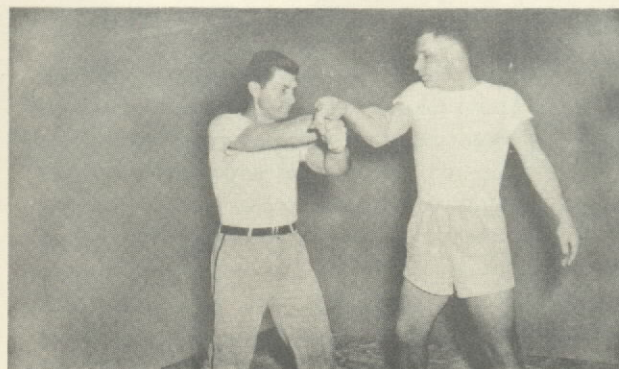


Figure 175.

pull his elbow into your left arm pit and hold it securely between your left arm and body. Pain is inflicted by bending the fingers back toward the elbow and in toward his body (fig. 176).

2. Right hand

Grasp the fingers of adversary's right hand with your right hand (palm against the front of his fingers) and immediately turn his hand inward and raise it to shoulder level as you step in, turning slightly toward your right, and grasp the back of his elbow with your left hand. Pressure is applied downward and backward on his fingers (fig. 177). Immediately pull his elbow into your left arm pit and hold it securely between your left arm and body as you pass your left hand between his arm and body and grasp his fingers directly above your right hand (fig. 178). Your right hand can then be released, if desired. Pain is inflicted by bending the fingers back toward the elbow and in toward his body.

It should be noted that it is entirely possible to control and lead an adversary a short distance with the hold illustrated in figure 177. Also, this technique can be applied from the side of your adversary as well as from the front. This is done in the same manner as the "arm and wrist" hold described and illustrated in I-1 (b)—fig. 161, with the exception that the middle and ring fingers are grasped instead of the wrist.

(f) Palm in palm

Approach adversary from the rear, slightly toward his right, and grasp his right hand with your left hand placing your palm against his palm similar to shaking hands (fig. 179). Immediately bend his wrist back toward his forearm and at the same time strike and grasp the inside of his elbow with your right hand and pull it into your left arm pit (fig. 180). Adversary's elbow is held securely between your left arm and body and pain is inflicted by forcing his hand back toward his forearm and by twisting it toward you (fig. 181).

NOTE: Your attention is directed to the fact that in the above "come-along" holds the left hand of your adversary is free and he may attempt to use it to strike a blow or to grasp his own right hand to keep you from hurting his wrist or fingers, as the case may be. Consequently, you should keep constant pressure on his wrist or fingers (enough to convince him that you intend to dominate the situation) and at the same time be alert for any movement on his part which might

tip off his intention to resist. If resistance is offered you can inflict severe pain, or incapacitate his wrist or fingers, by using both of your hands to apply the pressure, or your right hand can be used to strike a blow to the side of his neck or face.



Figure 176.

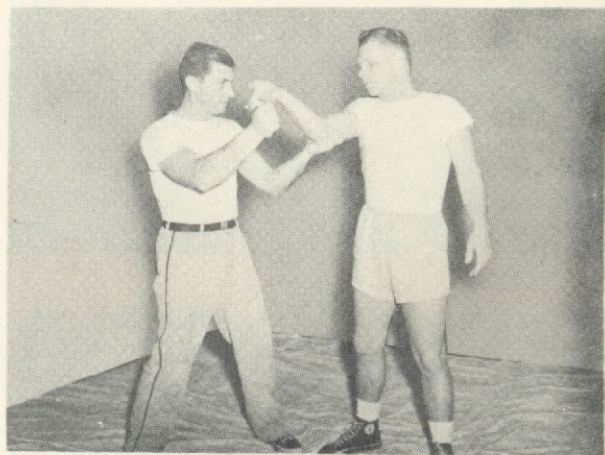


Figure 177.

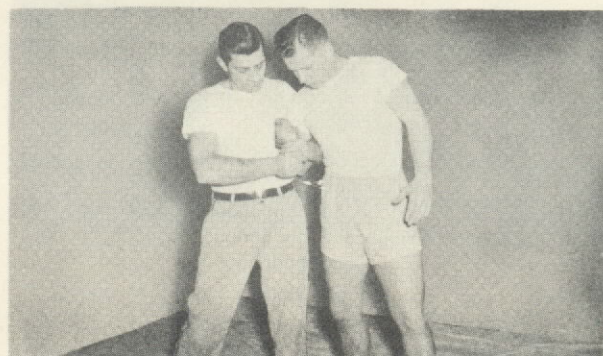


Figure 178.

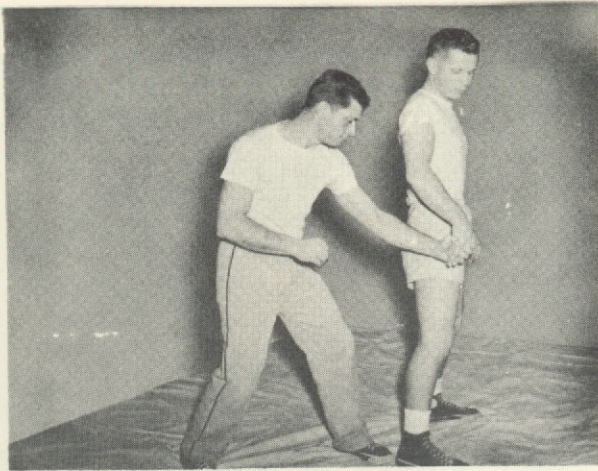


Figure 179.

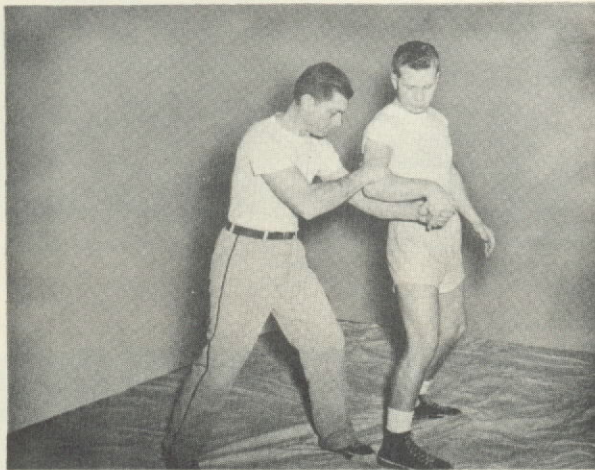


Figure 180.

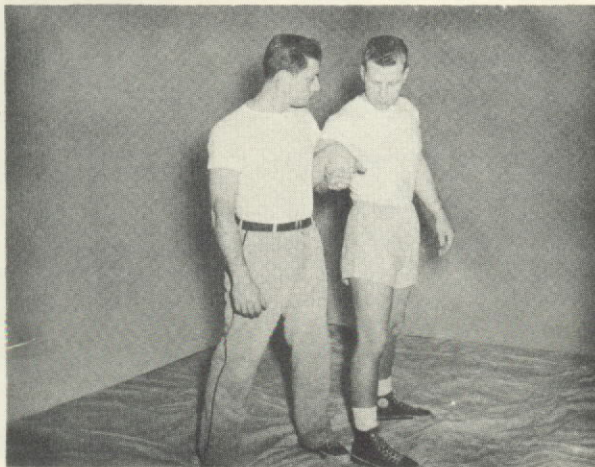


Figure 181.

2. Out of Chair

(a) *Pressure under ears (mastoid process)—with “bar hammer lock.”* Approach adversary from the rear and place the tips of your thumbs under his ears directly behind the jaw. Apply pressure inward, forward and upward (fig. 182). Immediately apply a “bar hammer lock” by grasping his right wrist with your right hand (thumb down) as you strike a “heel-of-hand” blow under his elbow with your left hand (figs. 183 and 184). (See G-2 (c) for detailed explanation.)

(b) *Lip grasp—with “finger lock.”* Approach adversary from his right side and grasp the back of his arm directly above the elbow with your left hand (your right foot should be forward to afford protection against a surprise blow to the region of the groin), and at the same time grasp his upper lip at the base of the nose (or lower lip) with your right hand and apply pressure as you pull upward (figs. 185 and 186). Immediately apply a “finger lock” by grasping the ring and middle fingers (or any finger) of adversary’s right hand with your right hand (fig. 187). (See I-1 (e) 2 for detailed explanation.)

(c) *Feint blow—“Bar hammer lock.”* Approach adversary from his right side (your right foot should be forward) and feint a blow to his face with your right hand (fig. 188). As adver-

Notes



Figure 182.



Figure 183.



Figure 184.

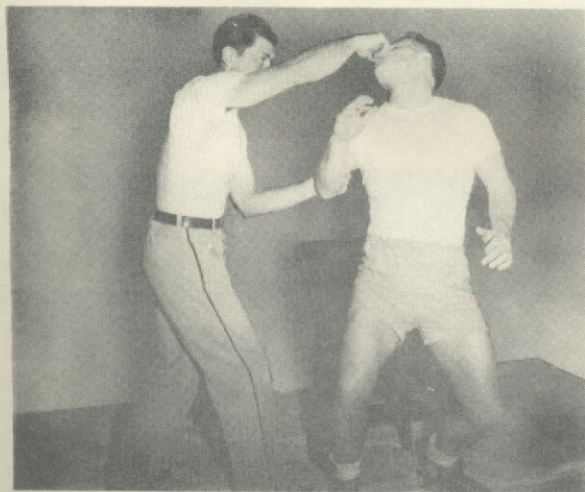


Figure 185.

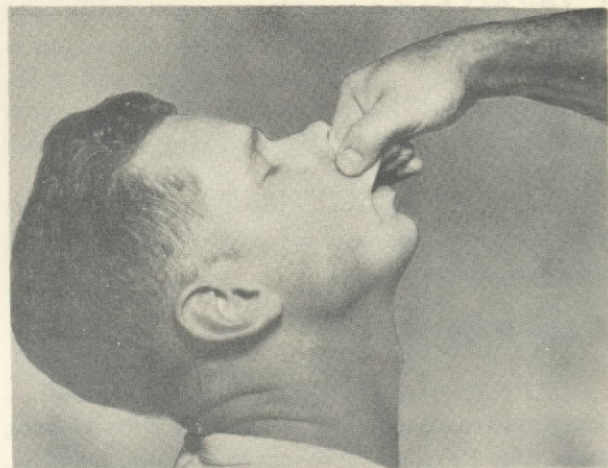


Figure 186.

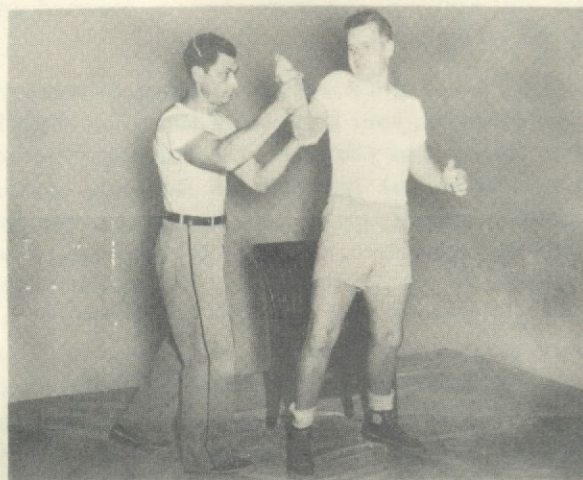


Figure 187.



Figure 188.

sary raises his right arm to ward off the blow, apply a "bar hammer lock" by grasping his wrist with your right hand and twisting his arm clockwise as you step in with your left foot and strike a "heel-of-hand" blow under his elbow with your left hand (fig. 189). (See G-2 (c) for detailed explanation.)

If adversary does not raise his arm when you feint the blow, immediately shift to the technique described above in (b).

3. Up from floor

(a) *Pressure under ears (mastoid process).*—Grasp under adversary's head with both of your hands (fig. 190), and lift him to a sitting position. Get adversary to his feet by placing the tips of your thumbs under his ears directly behind the jaw and applying pressure inward, forward and upward (fig. 191).

(b) *Thumb and forefinger.*—Grasp adversary's right arm with your right hand and lift it slightly from the floor as you insert the thumb of your left hand (palm up) between his fore and middle fingers and firmly grasp his thumb and forefinger. His hand should immediately be forced back toward his forearm (fig. 192). Pull upward with your right hand and turn his hand toward his body as you step forward with your left foot. Pain is inflicted by forcing his hand back toward his forearm and by twisting it toward you (fig. 193). Continue pulling upward and forcing his hand back toward his forearm until he reaches his feet (fig. 194; also, see I-1 (d)).

(c) *Finger lock.*—Approach adversary from his right side, placing your right foot forward (fig. 195). Immediately grasp the fingers of his right hand with your right hand and turn his hand so that the palm faces upward. At the same time step forward with your left foot and grasp the back of his elbow with your left hand. Pain is inflicted by forcing his fingers downward and back toward his elbow (fig. 196). Adversary is brought to his feet by continuing pressure on his fingers as you pull upward with your left hand (fig. 197; also, see I-1 (e) 2).



Figure 189.

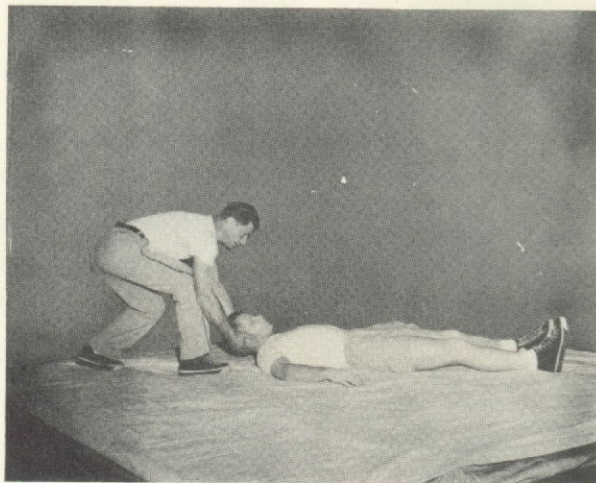


Figure 190.



Figure 191.

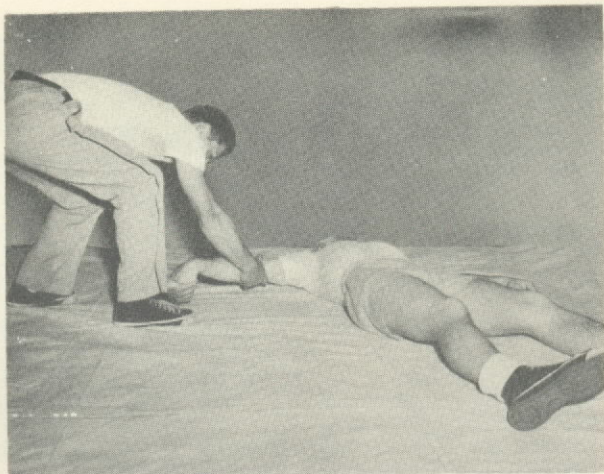


Figure 192.



Figure 195.

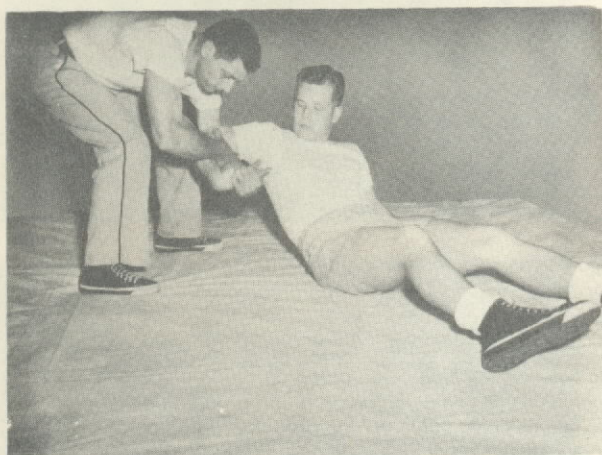


Figure 193.

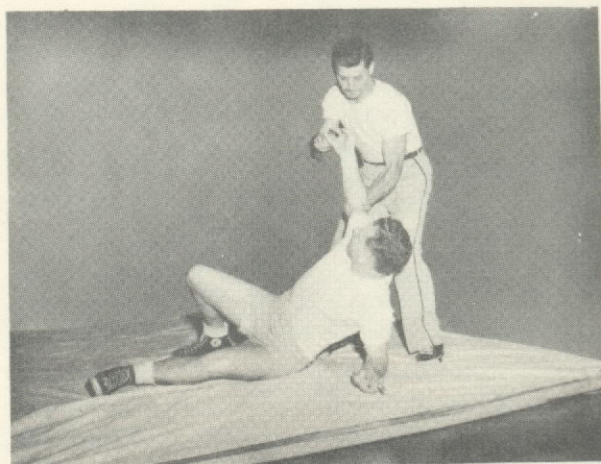


Figure 196.



Figure 194.

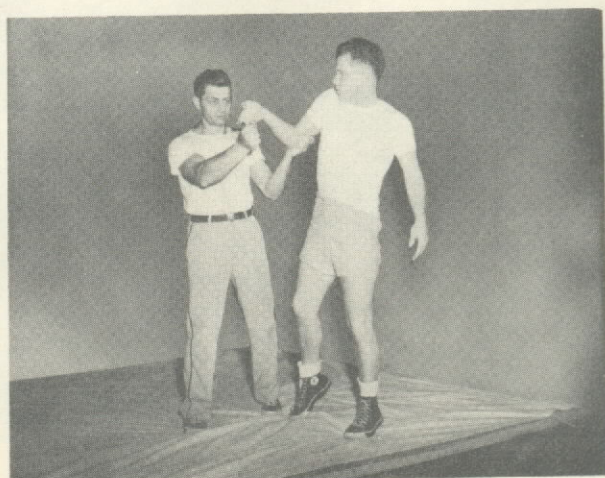


Figure 197.

4. Out of automobile.

(a) *Neck twist.*—Grasp adversary's left arm directly above the elbow with your left hand. At the same time place your left foot on the running board of the car (fig. 198). Pull adversary toward you with your left hand as you reach around the back of his neck and grasp his chin with your right hand. Immediately start twisting adversary's head toward his right and at the same time shift your left hand from his left arm to the left side of his jaw, placing the tip of your thumb directly under his ear (fig. 199). Remove adversary from the automobile by pulling him as you continue twisting his head and applying pressure under his left ear with your left thumb (fig. 200).

(b) *Blow to wrist, with "reverse wrist lock, thumb and forefinger."*—Grasp adversary's left wrist with your left hand (thumb on "break" of wrist), and pull it toward you as you twist it the same way so that the thumb side of the wrist faces upward as much as possible (fig. 201). Strike an "edge-of-hand" blow to adversary's wrist, immediately above your left hand (fig. 202), and at the same time jerk his hand free from the wheel and carry it downward and then upward, twisting his arm counterclockwise so that the palm of his hand faces upward. Immediately grasp his hand with your right hand, placing your thumb on the back and your fingers in the palm, and force it backward toward his forearm. You then shift your left hand from adversary's wrist to his hand, placing your thumb on the back and your fingers around the little finger edge. Pain is inflicted by forcing his hand back toward his forearm and by twisting it toward your left (fig. 203).

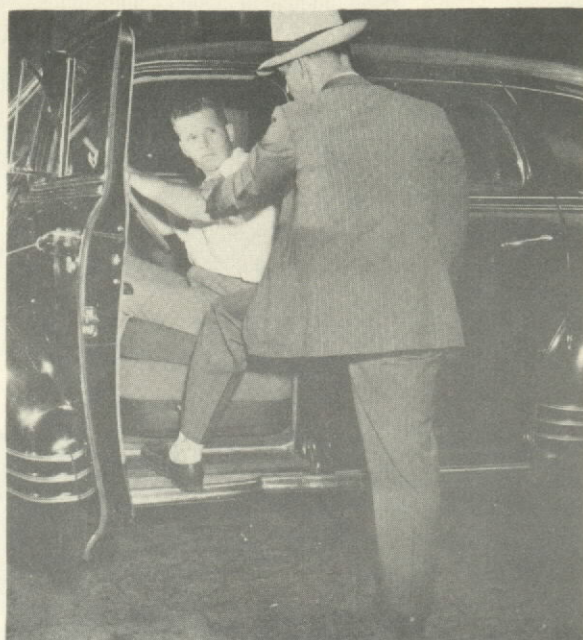


Figure 198.



Figure 199.

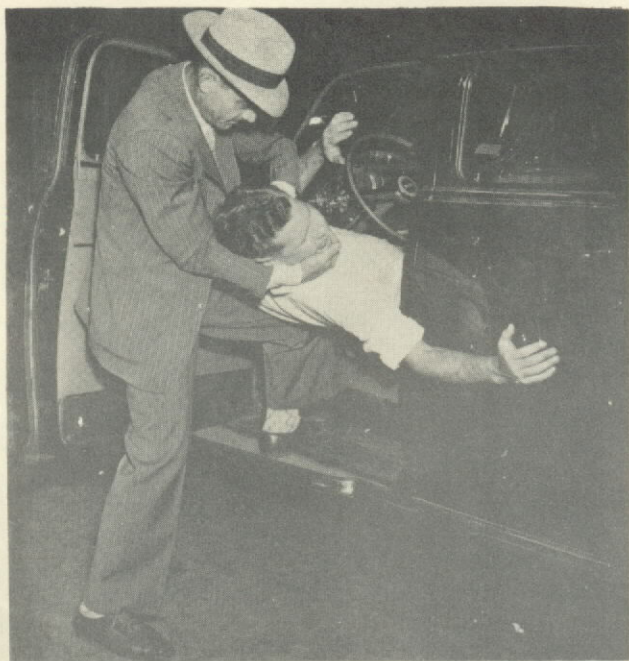


Figure 200.

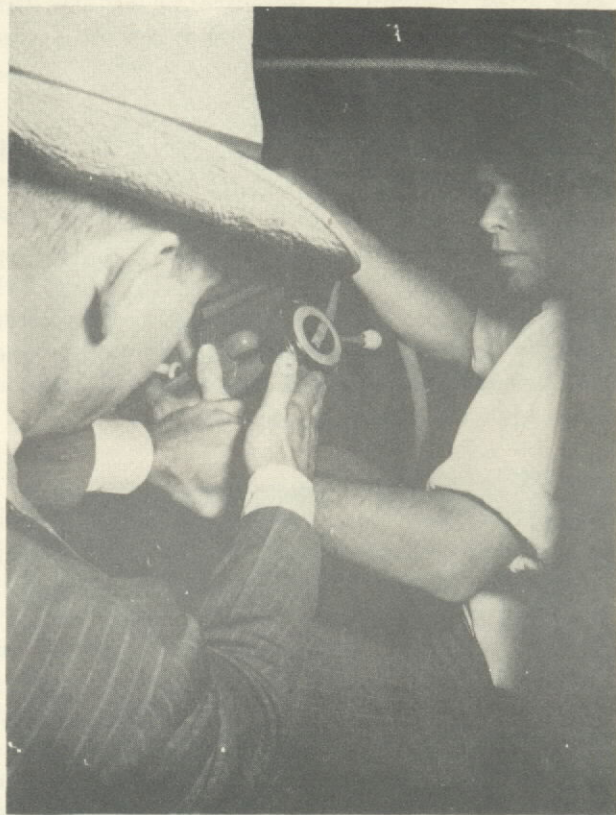


Figure 202.

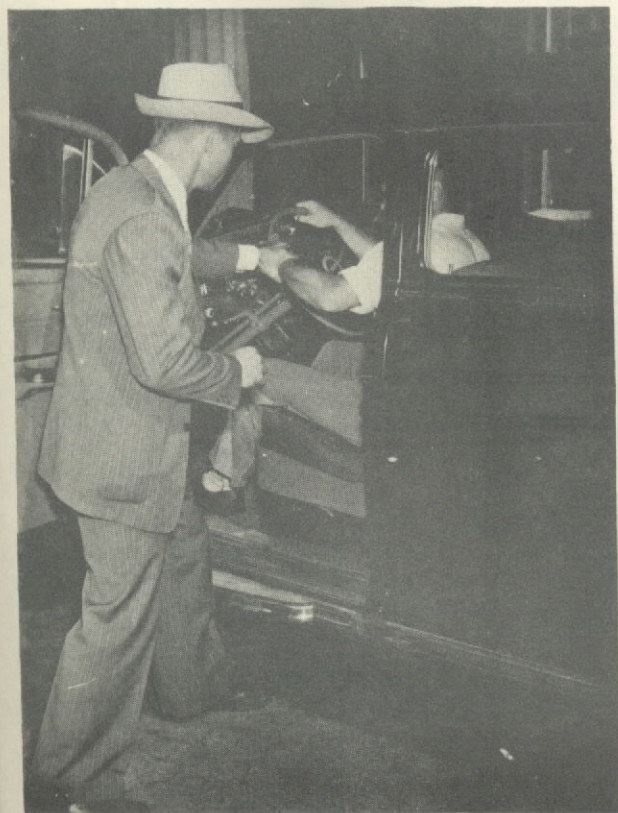


Figure 201.



Figure 203.

Apply a "thumb and forefinger" come-along hold by grasping adversary's thumb and forefinger with your right hand and turning the hand in toward his body as you pull his elbow into your right armpit with your left hand (fig. 204). (Also see I-1 (d).)

(c) *Toe hold*.—Grasp adversary's left arm with your left hand and when he resists by leaning toward his right, push him in the same direction (fig. 205). Immediately reach down and grasp behind his left ankle with your left hand and jerk his foot through the door. Then grasp the inside of his foot (over the toes) with your right hand and remove him from the car by pulling as you twist his foot clockwise (fig. 206).

5. Into Automobile

(a) *Arm between legs*.—Cautiously approach adversary (who has refused to enter automobile) from his left side and grasp his left arm with your left hand as you place your right hand firmly against his lower back (fig. 207). Strike an "edge-of-hand" (or "edge-of-fist") blow to his left forearm, close to the wrist, and then grasp his arm and force it downward and between his legs, immediately grasping his wrist with your right hand. Force adversary into automobile by jerking his left arm upward and pushing him forward as you push downward on his head or shoulder with your left hand (fig. 208).

(b) *Hand grasp*.—Approach adversary as described above in "5-(a)." (See fig. 207.) Immediately place your right arm between his legs and apply pressure with your right hand. Force him into the automobile by lifting and pushing him forward as you jerk his left arm downward and toward you (fig. 209).



Figure 204.

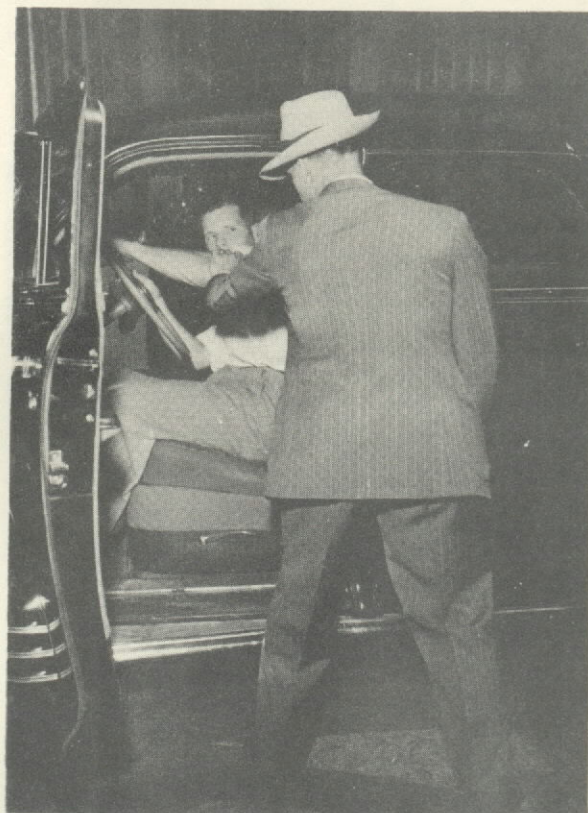


Figure 205.

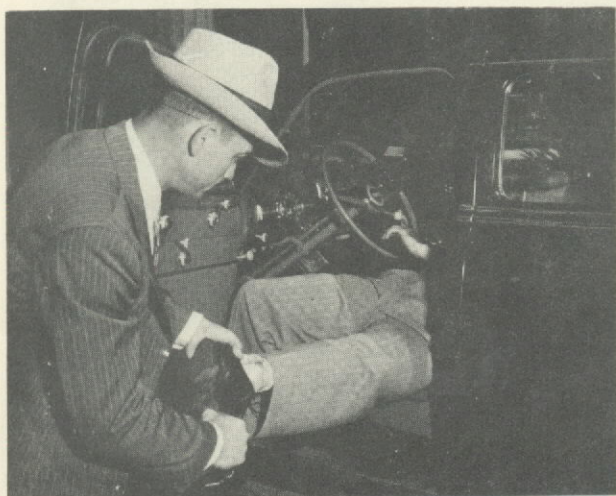


Figure 206.

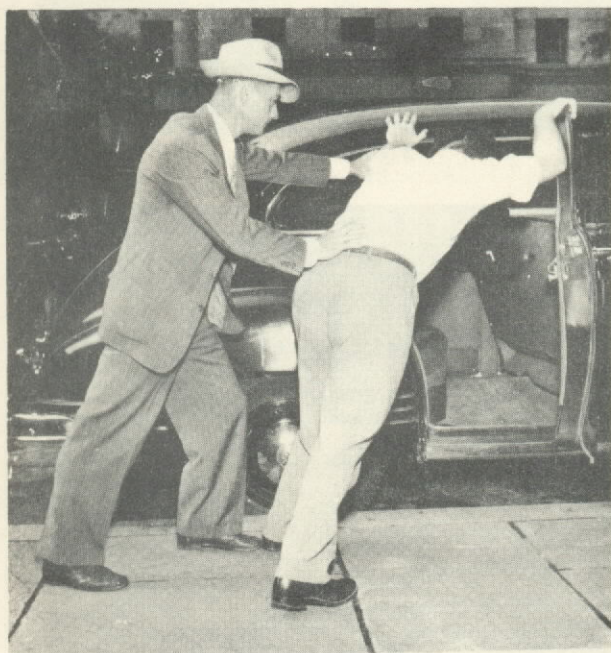


Figure 207.



Figure 208.



Figure 209.

(c) *rear strangle lock*.—As soon as adversary indicates he is not going to enter the automobile peaceably, move toward his rear and apply a rear strangle hold by placing your right arm around his throat as you strike a sharp blow in the region of his lower back with the heel of your left hand. Pull adversary backward over your right hip and drag him into the automobile (fig. 210).

Note.—In a situation where it is not only necessary to put a recalcitrant individual into the automobile, but also, to restrain him while he is being transported, the following techniques which have been previously described and illustrated could be used to advantage:

1. Bar hammer lock (figs. 211, 212, and 213—also see G-2 (a), (b), and (c)).
2. "Thumb and forefinger" come-along (fig. 214—also see I-1 (c) and (d)).
3. "Finger lock" come-along (fig. 215—also see I-1 (e) 2).

6. Through door

- a. Arm between legs.—(Fig. 216) (Also see I-5 (a))



Figure 210.



Figure 211.



Figure 212.



Figure 213.



Figure 215.



Figure 214.



Figure 216.

b. Hand grasp.—(See I-5 (b) figure 209 for detailed explanation and illustration.)

c. Knuckle jab—push.—Close your hand as when making a fist, except allow the second knuckle of your index finger to protrude slightly. Simultaneously, jab the knuckles into adversary's sides, directly under the ribs and slightly to the rear (fig. 217), and immediately force him forward by driving your shoulder hard against his back (fig. 218).

d. Toe hold.—Grasp adversary's left ankle with your left hand and jerk his foot backward and upward. Immediately grasp the back of his ankle with your right hand as you grasp the inside of his foot, near the toes, with your left hand. Pull adversary toward you as you twist his foot toward your right (fig. 219) and then push him through the door.

e. Knee kick—rear strangle lock.—Approach adversary from his right side, grasping his right arm with your right hand and placing your left hand against his back (fig. 220). Push forward and if adversary does not yield, grasp his left shoulder with your left hand and pull downward and backward and at the same time kick the back of his right knee with your right foot (fig. 221). Immediately, place your left arm around his throat and strike a sharp blow to the region of his lower back with the heel of your right hand as you pull him backward over your left hip. Then turn him around and drag him through the door (fig. 222).

7. Restraining and handcuffing holds

NOTE.—While the following techniques, with the exception of the "bar toehold," have been presented previously, they are again brought to your attention for the purpose of emphasizing their value in situations which require restraining or handcuffing a recalcitrant individual.

(a) *Bar toehold.*—In the course of a struggle you succeed in taking your adversary to the floor, face down. (If adversary is on his back, a "toehold" can be used to turn him over.) Immediately grasp both his ankles, lifting and placing the left ankle in the bend of his right knee (fig. 223). Then place your right foot directly in front of adversary's left heel and drop to your left knee, trapping his right leg in your crotch. Pain is inflicted to adversary's knee by forcing his toe forward with your body (fig. 224). (A variation of the above technique, using your own ankle as a "bar," is illustrated in figs. 225 and 226.)

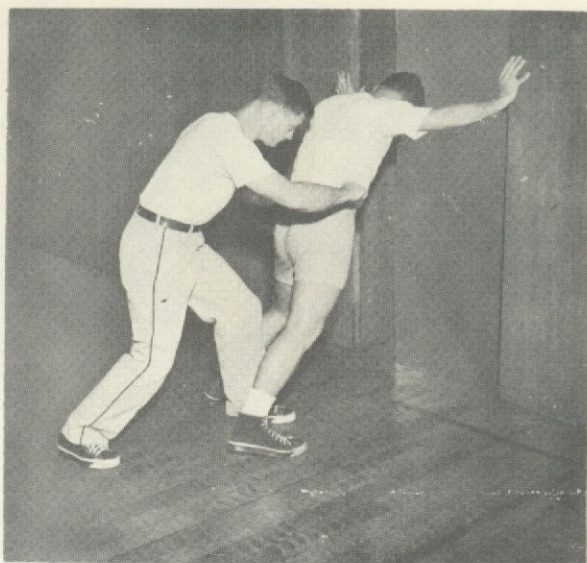


Figure 217.



Figure 218.

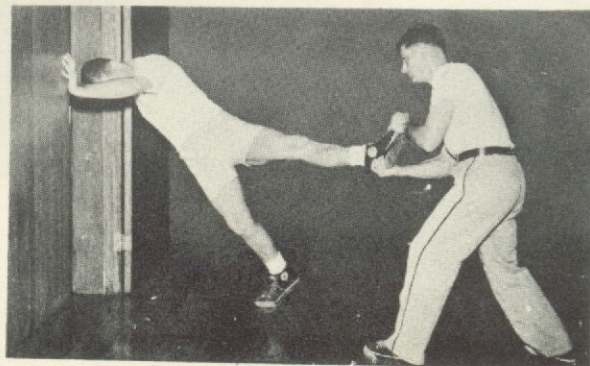


Figure 219.

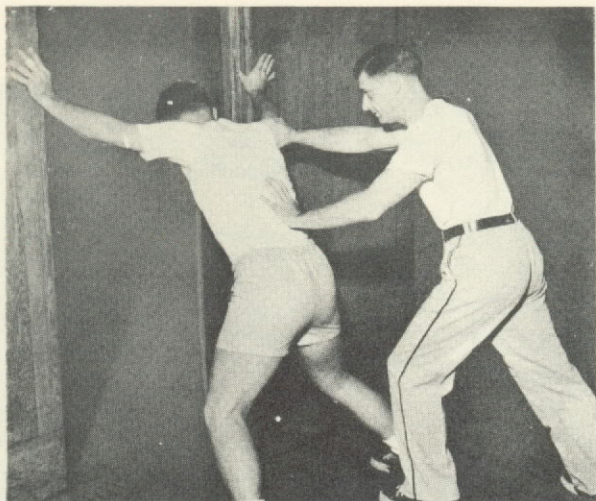


Figure 220.



Figure 223.



Figure 221.



Figure 224.



Figure 222.

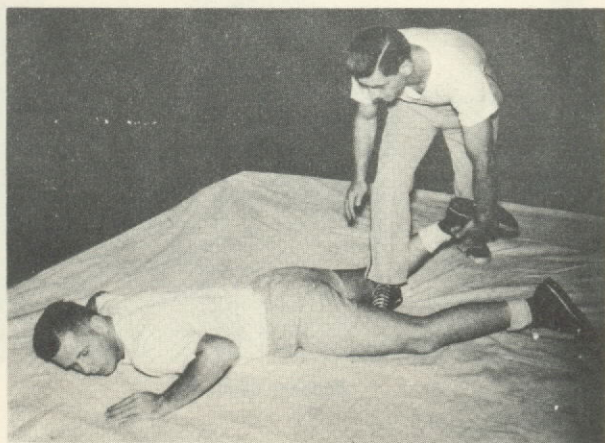


Figure 225.

(b) *Finger lock.*—

1. Left hand (fig. 227). (See I-1 (e) 1 for detailed explanation.)

2. Right hand (fig. 228). (See I-1 (e) 2 for detailed explanation.)

(c) *Thumb and forefinger* (fig. 229). (See I-1 (c) and (d) for detailed explanation.)

(d) *Bar hammer lock* (figs. 230 and 231). (See G-2 (a), (b), and (c) for detailed explanation.)

(e) *Arm between legs* (fig. 232). (See I-5 (a) and I-6 (a) for detailed explanation.)

(f) *Rear strangle lock* (fig. 233). (See F-12 (b), I-5 (c), and I-6 (e) for detailed explanation.)



Figure 226.



Figure 227.



Figure 228.



Figure 229.

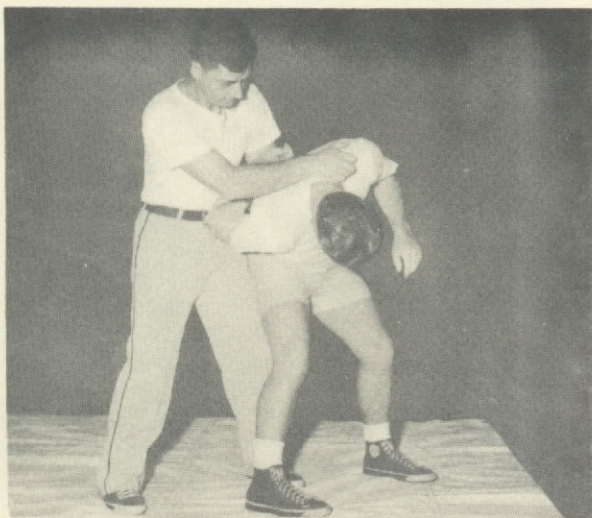


Figure 230.



Figure 232-

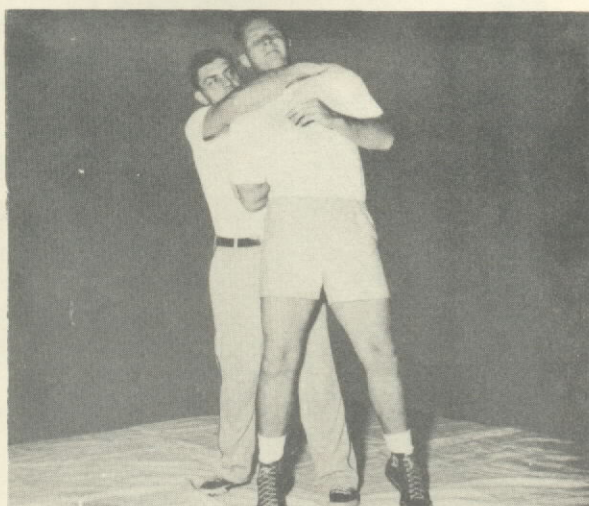


Figure 231.

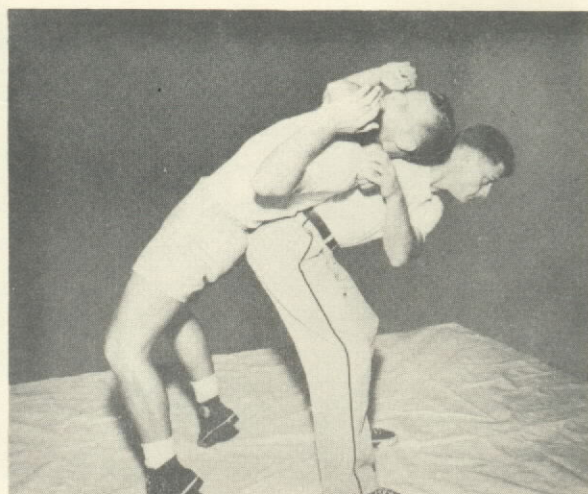


Figure 233.

Notes